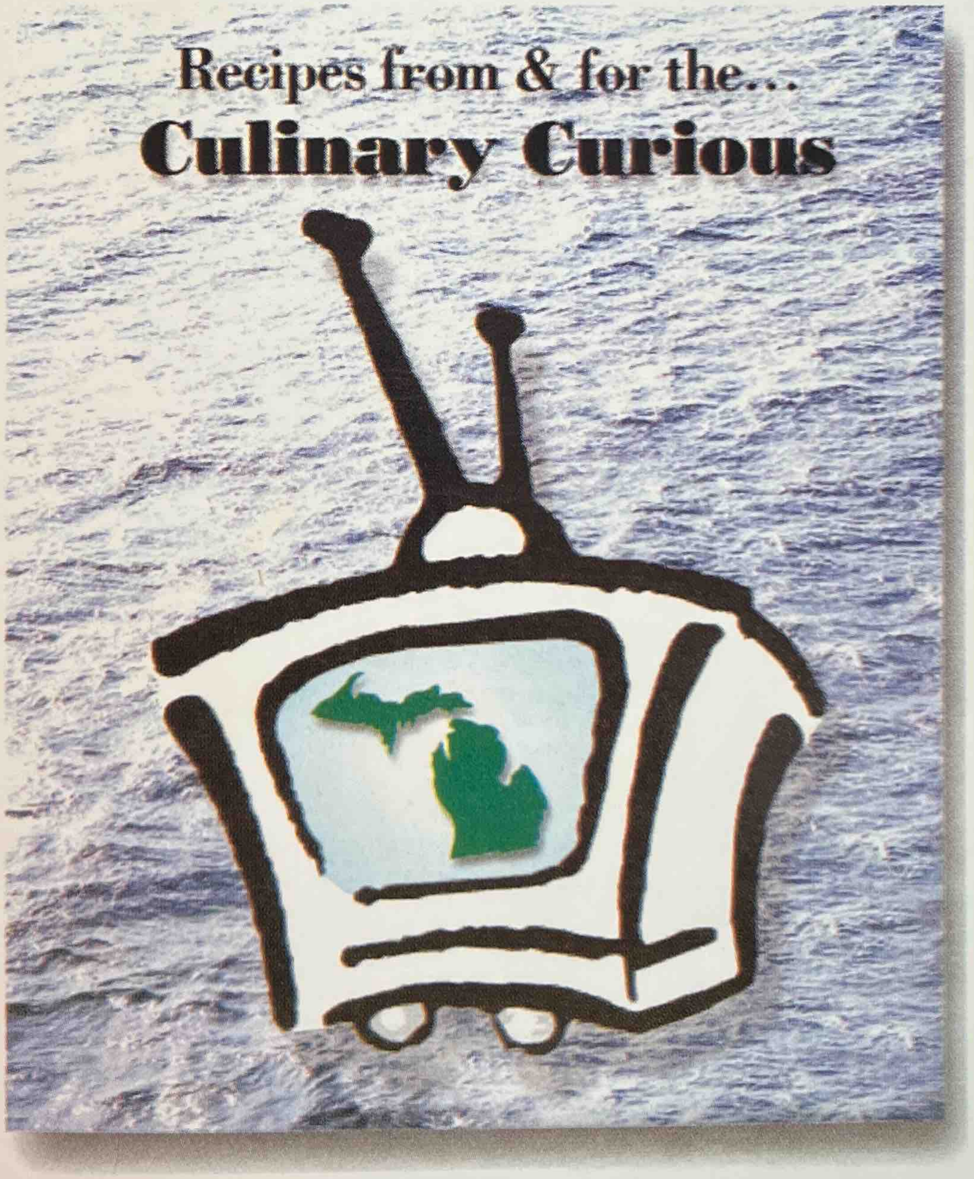
Michigan Public Television
COOKBOOK
Volume I


Recipes from & for the...
Culinary Curious

Stay curious

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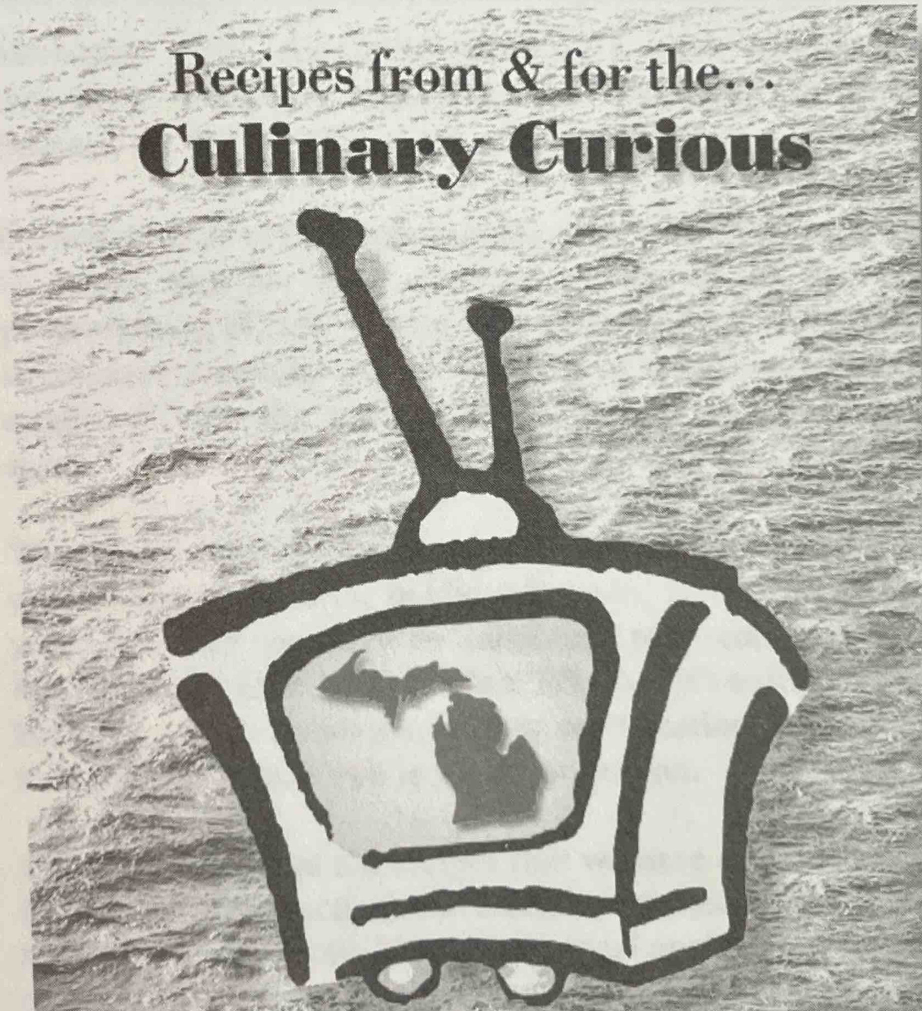

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Recipes collected by Michigan Magazine
Edited by Nelson Yoder, Michigan Magazine
printed in the U.S.A. by Fundcraft Publishing
Collierville, Tennessee

Appreciation for Michigan's PBS Television Stations

Michigan PBS television producers and independent television producers attending the Michigan Producers Summit on May 7, 2000 at Mt. Pleasant, Michigan.

On behalf of all of Michigan's public television stations, I want to thank you for your continuing support of our state programming efforts. I hope that this cookbook will serve as a constant reminder of our commitment to improving the quality of your life with programs for and about our great state.

Thanks to your financial support and the work of some outstanding producers, public television, alone, has become your first best resource in satisfying your curiosity about Michigan and what it has to offer. Whether it's outdoor sports, history, travel destinations, politics, or recreation, you will find it on your Michigan public television station.

I hope you will find the recipes that we have collected on the following pages practical and useful. At the same time, I hope they will keep you mindful of the critical partnership between public television and its viewers, which is essential if we are to continue to be of service to you.

Jim Gaver
Executive Producer
Wild Game, Game Show

"Made In Michigan"

Local Michigan Producers serving up a tasty variety of programming ...

- Great Lakes Ports O' Call
- Wilderness Journal
- The Boat Shop
- The Northern Experience
- Michigan Magazine
- Great Lakes Outdoors
- Capitol Report
- Editor's Notepad
- Ask The Experts
- CMU Football Review
- Road To College

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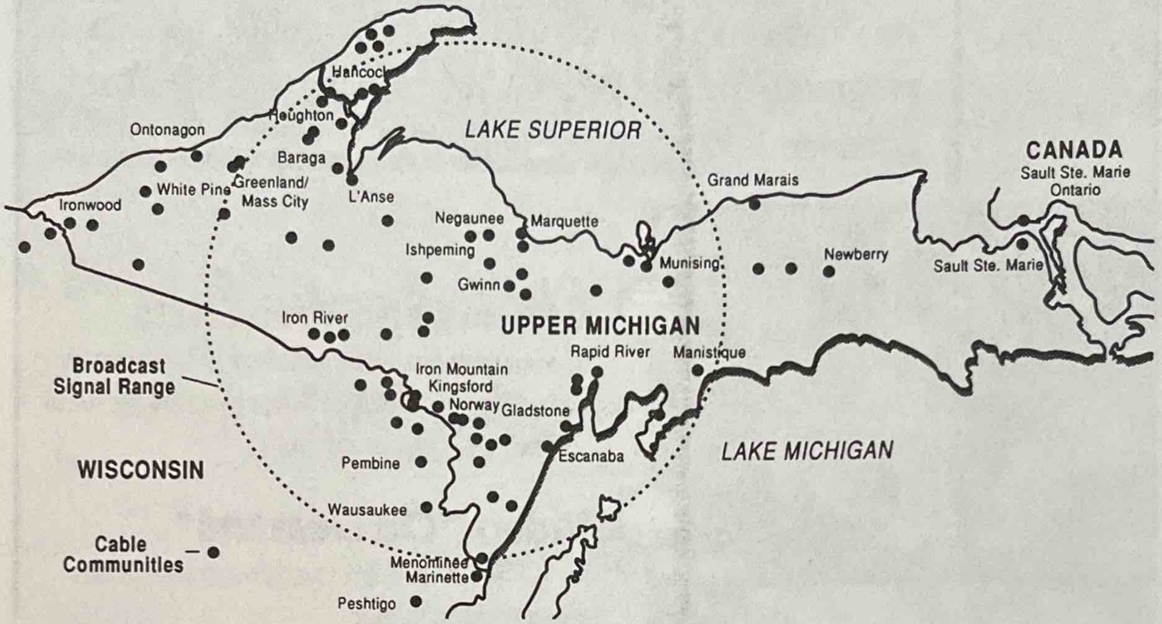
Hancock
Houghton
Ontonagon
LAKE SUPERIOR
Baraga
Greenland/
Mass City
White Pine
Ironwood
L'Anse
Grand Marais
CANADA
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APPETIZER

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ENTREE

PBS Primetime

DESSERT

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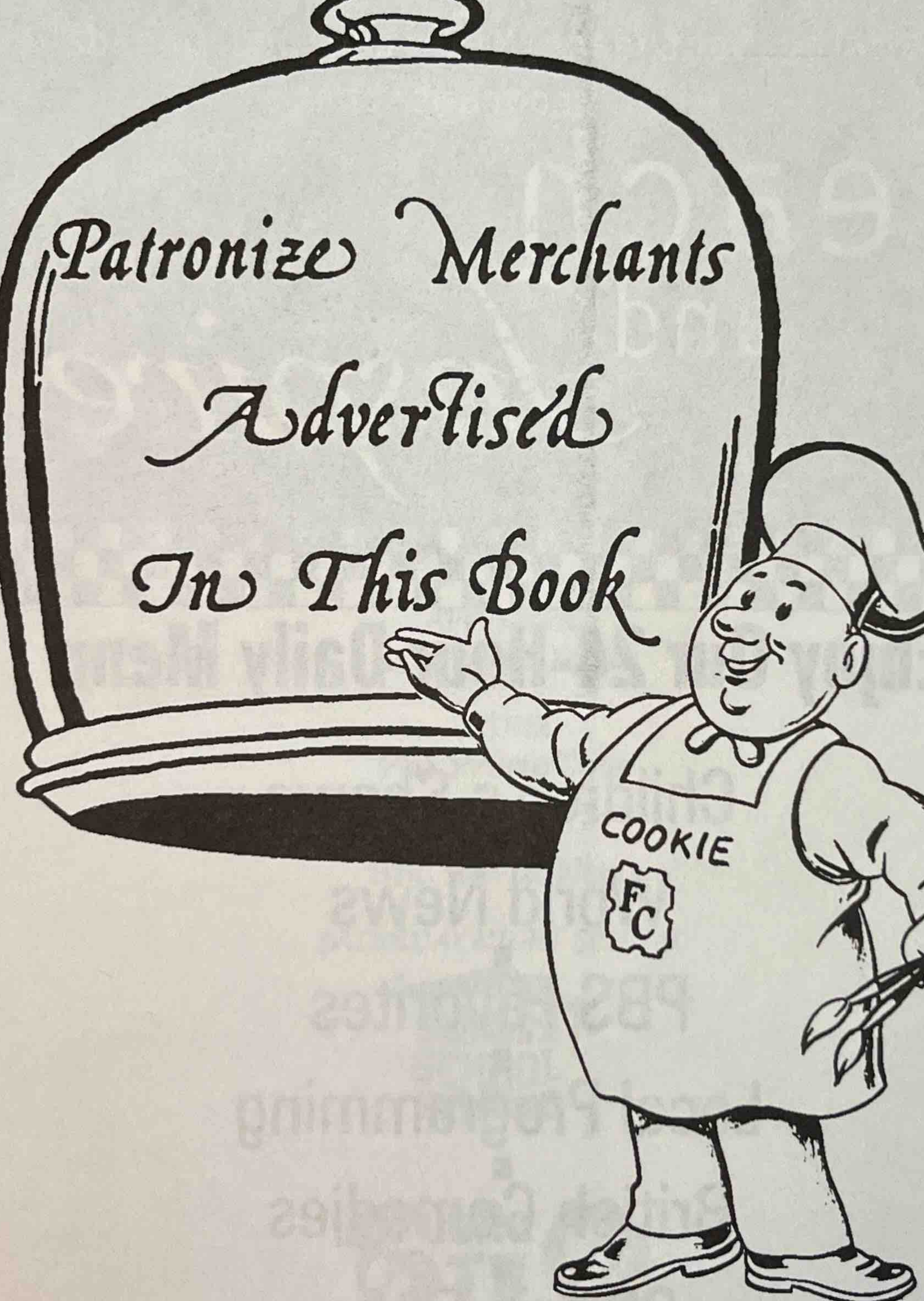
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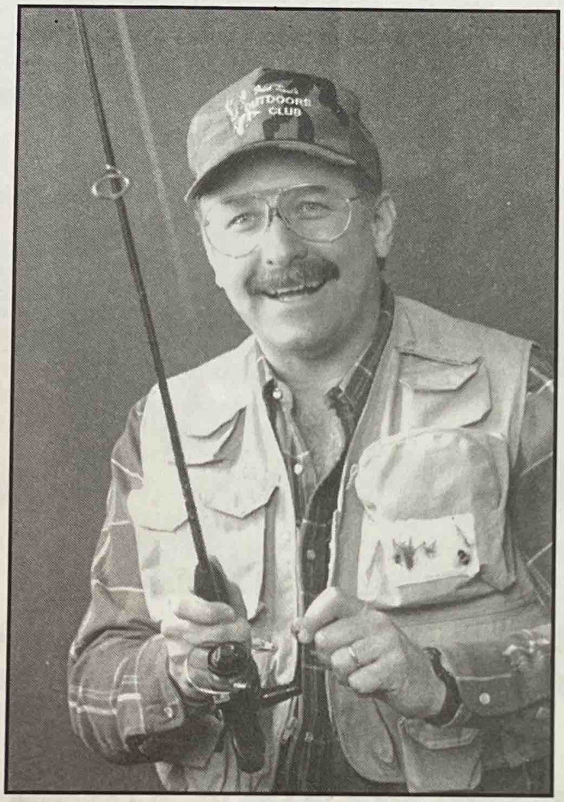
Appreciation for Michigan's PBS Independent Television Producers



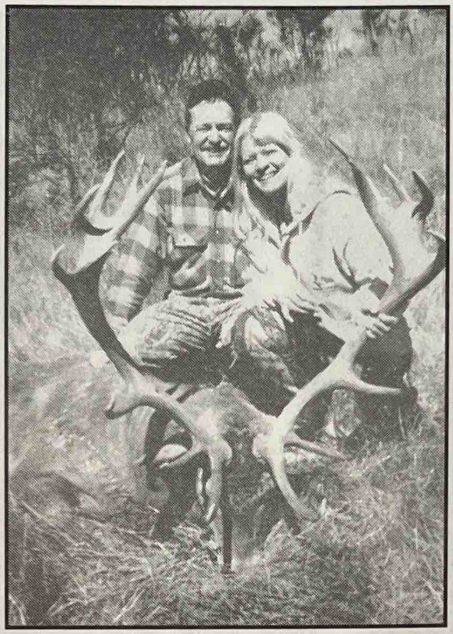
Fred Trost, host of *The Practical Sportsman*

Fred Trost has been a well-known fixture on Michigan public television since 1981. For nearly 20 years, he has produced and hosted a weekly half-hour outdoor television show for Michigan public TV. Originally called "Michigan Outdoors," Trost's program was an updated version of Mort Neff's popular "Michigan Outdoors" series, which ran on commercial television stations from 1951 to 1974.

Trost's investigative projects led to reporting on widespread advertising fraud in the hunting scent industry, and this led to a lawsuit. The experience prompted him to enroll in law school to become a lawyer, which has proved extremely beneficial in handling controversial legal issues and investigative reports.

Today, his program is called Fred Trost's *Practical Sportsman* and reflects an extremely pragmatic approach to hunting, fishing and camping. Trost's Website (www.fredtrostTV.net, or www.practicalsportsman.com, or www.outdoorcollectors.com). Telephone: 517-641-6701. Address: Fred Trost's Practical Sportsman, Box 1001, Bath, Michigan 48808-1001.

Appreciation for Michigan's PBS Independent Television Producers



Rob Trott & Sue Sherrill

Great Lakes Outdoors Television

Great Lakes Outdoors, now in its 13th year, is a half-hour television program seen weekly on 14 PBS stations in Michigan and 1,266 cable systems throughout Canada. Rob Trott, veteran outdoors writer, editor and television personality, is host and executive producer of all *Great Lakes Outdoors* functions. A long time member of both the Outdoor Writers Association of America (OWAA) and the Michigan Outdoor Writers Association (MOWA), Trott was named Safari Club International's Outdoor Writer of the Year in 1991, and served as 1992 National Trout King. Through his efforts, *Great Lakes Outdoors* has earned honors in the esteemed Mort Neff Awards competition for seven of the last nine years, including both first and second place in 1991.

Videographer and co-host Susie Sherrill joined the show four years ago and has added an exciting new dimension. Susie has added a whole new following to the show; ladies that like to hunt and fish. Susie is a welcome addition to the *Great Lakes Outdoors* crew and is a real workhorse.

Rob and Susie make a number of public appearances and enjoy talking about the outdoors and some of their many exciting adventures throughout the world. If your club, group or organization is interested in having them speak at your event, please call or e-mail for pricing, and all the details.

Phone/Fax: 810-793-6369.

Email: rob@greatlakesoutdoorstv.com

Web site: www.greatlakesoutdoorstv.com

Address: Great Lakes Outdoors, 425 White Rd., Columbiaville, MI 48421

Appreciation for Michigan's PBS Independent Television Producers

***Michigan Magazine* TV hosts, Dell Vaughan and Barry Stutesman at the Michigan Magazine Museum near Comins, Michigan**

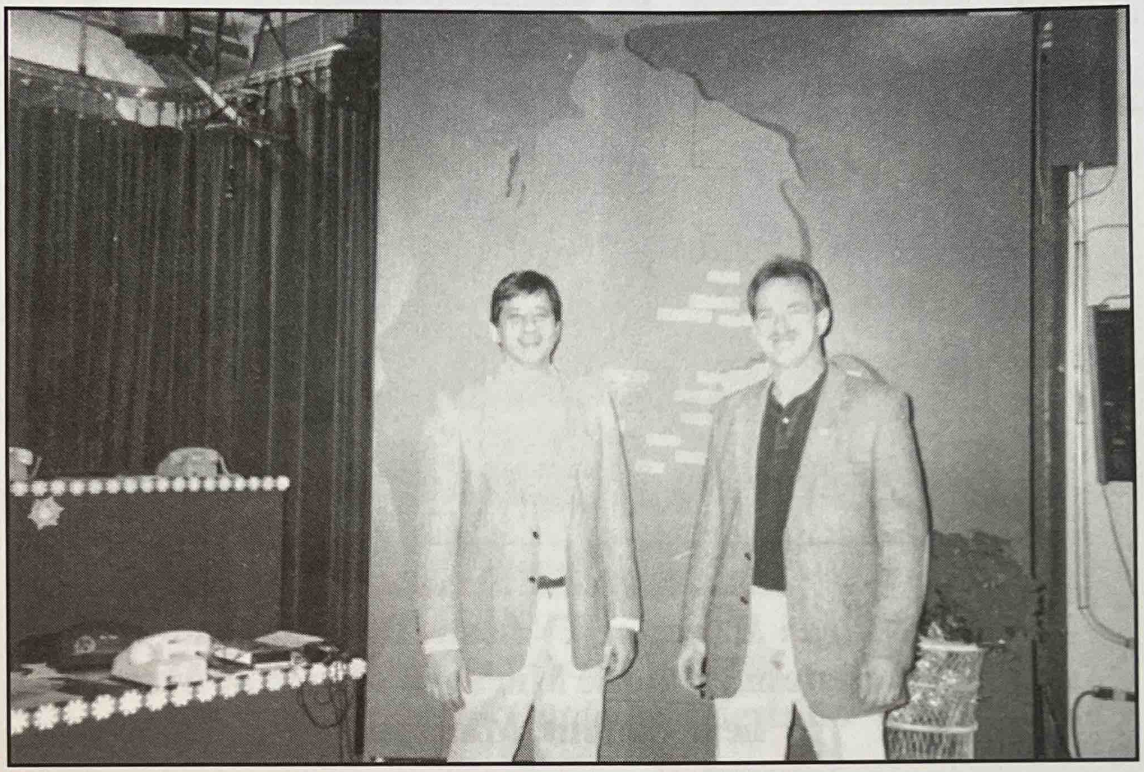
Michigan Magazine is a weekly human interest television series aired on PBS television throughout the State of Michigan and the entire country of Canada. It concentrates on Michigan's ingenious artists and craftsmen and presents their stories of enterprise and creativity. It has aired continuously on PBS since 1990. Show hosts are Dell Vaughan and Barry Stutesman, whose production studio is located in Rose City, Michigan. The show has many devoted fans and viewers, and from this audience come many references for possible future shows and interviews. *Michigan Magazine* has found that the creative people of Michigan do not tire of hearing about other creative Michiganians, and so, the show continues on with consistent high ratings.

Since 1998, the Michigan Magazine Museum near Comins, Michigan, has been open to welcome fans and guests from around the world. The museum features the works donated by those Michiganians interviewed and featured on *Michigan Magazine*. The Michigan Magazine Museum is open during the year from Memorial Day to mid-October.

For information, contact: *Michigan Magazine,* Box 503, Rose City, Michigan 48654. Telephone: 517-685-3078.

Online: www.michiganmagazine.com.

Appreciation for Michigan's PBS Independent Television Producers



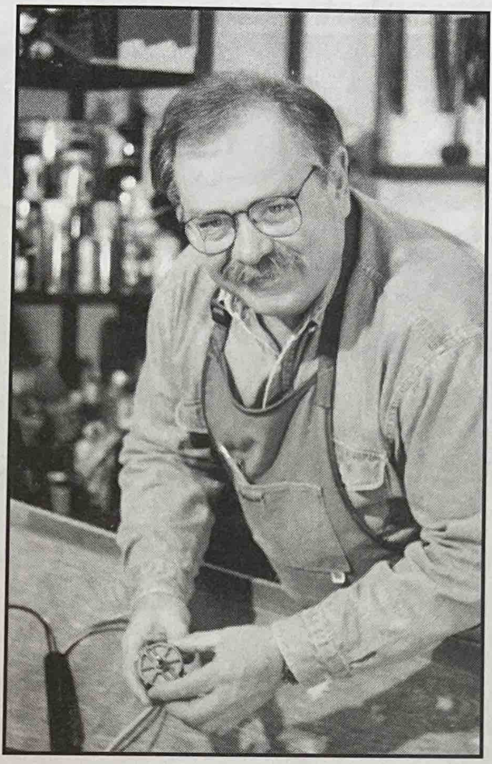
Outdoor Journal producers, Denny Serra and Tom O'Boyle, whose show is known as *The Northern Experience & Ghosts & Guardians of the Great Lakes,* present a weekly travel show, taking the viewers to interesting northern Michigan, Wisconsin, Minnesota and Canadian locations.

Every week, PBS television viewers may tune in to travel with Tim O'Boyle as he discovers a truly unique part of North America stretching from Ontario's North Channel to Northern Minnesota. It is a vast wonderland which encompasses Michigan's Upper Peninsula, Northern Lake Michigan and Northern Wisconsin, along with Northern Minnesota and Ontario.

Outdoor Journal TV hosts may be contacted at: Box 552, 321 East Grand Blanc Road, Grand Blanc, Michigan 48439-1346, or email: dennisserra@home.com.

Telephone: 810-695-5900.

Appreciation for Michigan's PBS Independent Television Producers



PBS television show host David Dean of *The Boat Shop* series aired weekly in Michigan and seen around the world.

Dave was born in Pontiac, Michigan, and raised in the northern suburbs of Detroit. At the age of 10, he helped his father build a small "Penguin" sailboat in their garage. It was this experience that really set him on the path that led to a television production about boating.

While the boating industry was in transition in the late 1970's and 1980's, Dave worked as an investigator and videographer for a number of local attorneys specializing in trial litigation. It was this involvement with the evidentiary filming, combined with his background in theater, that eventually led to the idea of a show devoted to boats and boatbuilding. This led to the formation of ShadeTree productions and the popular TV show, *The Boat Shop,* now seen in over 60 million American television households, coast to coast, and distributed in 27 countries around the world.

ShadeTree Productions may be contacted at: ShadeTree Productions, Box 66, Suttons Bay, Michigan 49682, or call: 231-271-5505 for Dave Dean.

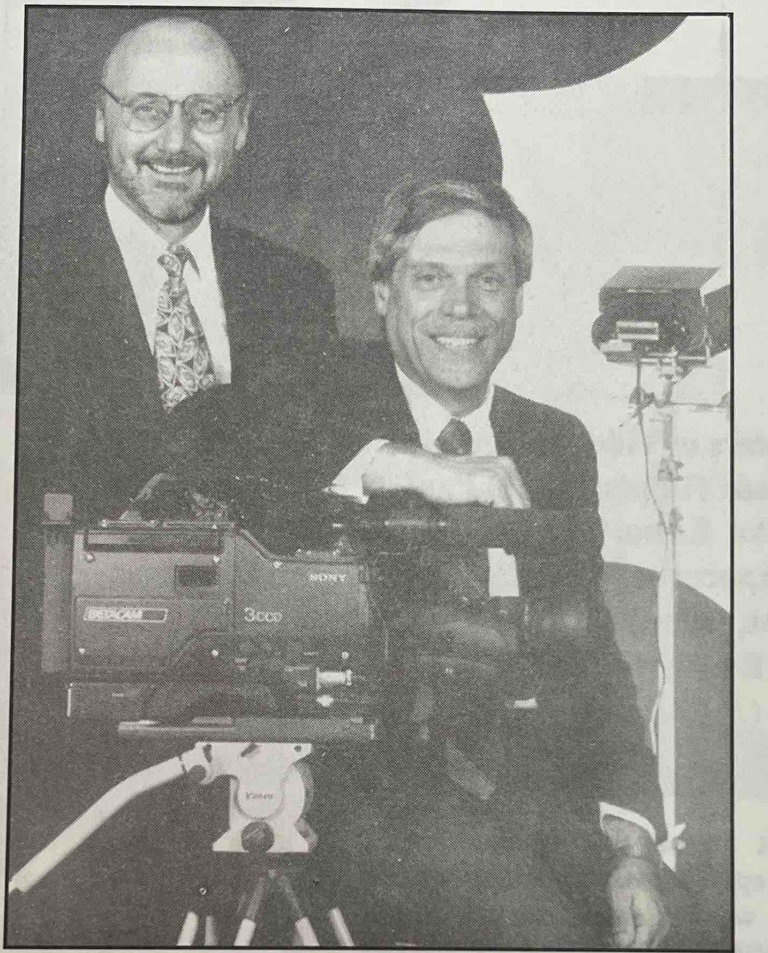
Appreciation for Michigan's PBS Independent Television Producers

***The Wilderness Journal "Reality Television"* features show host, Kyle Randall, whose interest is presenting a "pure" hunting and fishing show for the Michigan television audience.**

A unique outdoor television series is seen in *The Wilderness Journal* hosted by Kyle Randall. All of North America becomes the setting as Kyle Randall brings home the drama and diversity found in the forests and on the waters of this great land. *The Wilderness Journal* features the hits and the misses, the great catches and the ones that got away. In short, the show puts reality back into outdoor entertainment. In the seasons to come, the show will continue taking the television family of viewers to the interesting places where good people enjoy the great outdoors.

The Wilderness Journal "Reality Television" may be contacted by writing to Kyle Randall, 19475 200th Ave., Big Rapids, Michigan 49307, or call 231-796-0615, or email: www.wildernessjournal.com.

Appreciation for Michigan's PBS Independent Television Producers

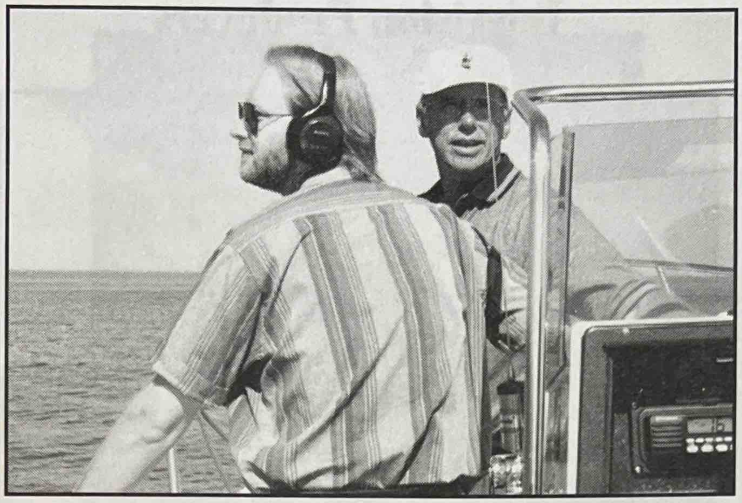


Equity Studios producers, Mike Mort and Lee Fraim, whose show is *Michigan Avenue*.

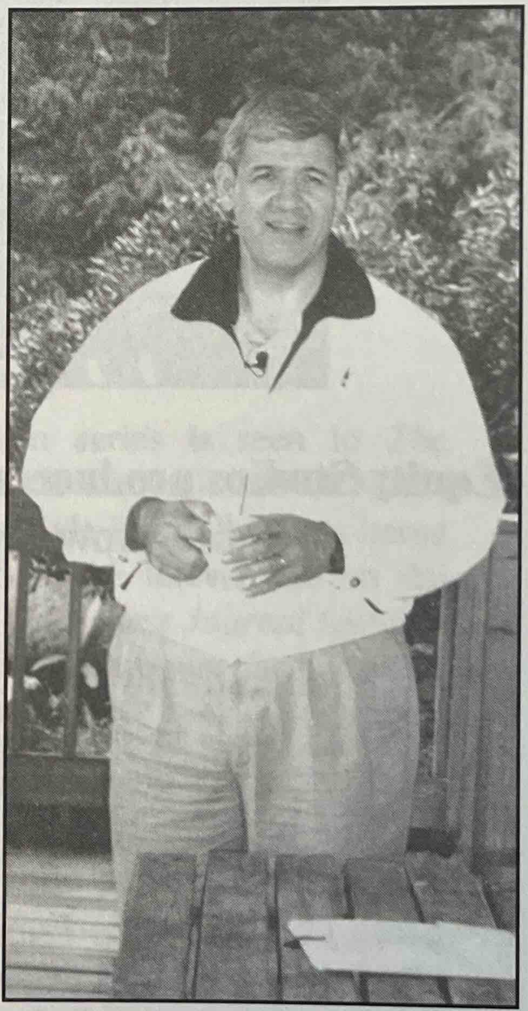
Equity Studios brings to its production a state-of-the-art facility using non-linear editing and the highest quality camera gear. Show subject matter for *Michigan Avenue* is a family of half-hour documentaries about the history, culture and the natural resources of the State of Michigan. Equity Studios is located at 212 Virginia Street, in Sturgis, Michigan 49091.

Telephone: 616-651-1686.

Appreciation for Michigan's PBS Independent Television Producers



Producers of Video Images, Inc. include (Upper Photo) Paul Cischke, Editor/Camera (left), and Executive Producer, Tom Durant, (right). (Lower Photo) Foster Braun, *Great Lakes Ports O' Call* show host.



Last January 2000, the first of thirteen episodes of *Great Lakes Ports O' Call* was released to all public broadcast stations. Over 37 markets throughout the Midwest chose to broadcast the series during the winter/spring season. Video Images, Inc. received positive responses from stations contacted that aired the series.

This January marks the second season of *Great Lakes Ports O' Call,* a boating and travel television show available as a free offering to public broadcasting stations nationwide. This series will again feature ports of interest for recreational boaters and travelers around the Great Lakes area. Segments on navigation and boating etiquette will be included, as well as people of special interest, history of the featured port, and stories relating to events, entertainment, and the overall splendor of the Great Lakes.

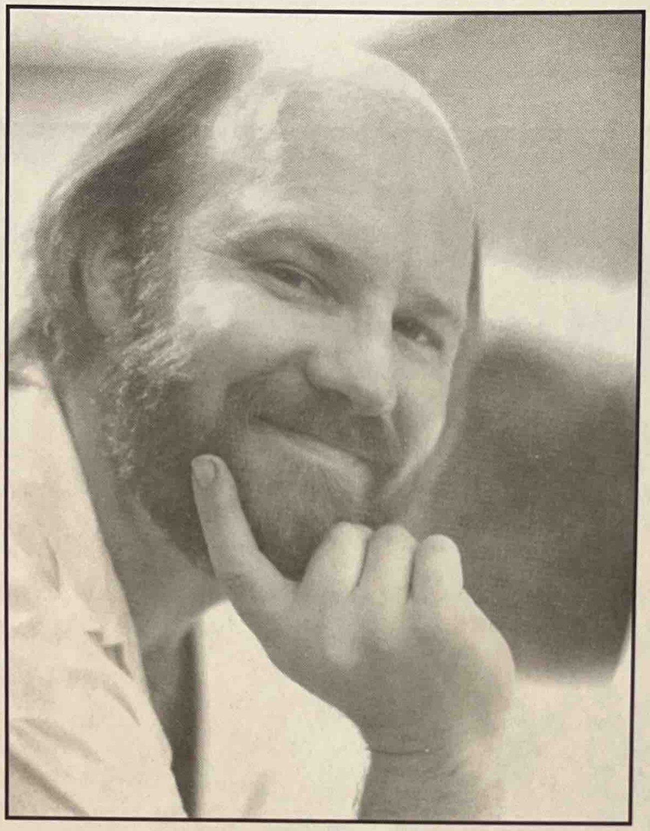
Appreciation for Michigan's PBS Independent Television Producers

William Jamerson, writer, producer and director of *Forgotten Films*

Based in Marquette, Michigan, William Jamerson is an award-winning independent filmmaker specializing in historical events and personalities pertaining to Michigan. Among the subjects are: *Camp Forgotten; Fruit of Dreams; Herbert H. Dow; Grand Rapids Made; Abraham Lincoln in Michigan; Colonel Joe and the Red Arrow Army* and other similar films. He is currently producing *The Deal Maker – Billy Durant, Founder of General Motors.*

Bill Jamerson may be contacted: *Forgotten Films,* William Jamerson, Box 455, 112 W. Arch Street, Marquette, Michigan 49855, or call: 906-228-4112.

Appreciation for Michigan's PBS Independent Television Producers



Independent filmmaker, Mark Howell, producer of Michigan historical documentaries

Filmmaker, Mark Howell, is a native of Battle Creek, Michigan; who, until 1997, resided in Burbank, California. He has since moved back to West Michigan and is currently producing a series of programs about the history of Michigan and the Great Lakes. His documentary, *Building the Mighty Mac,* was released in late 1996 and was nominated for an Emmy for *Outstanding Documentary.* The 55-minute documentary took two years to produce and uses newly-discovered and fully-restored 16mm color films of the bridge's construction, and interviews with key individuals who worked to build the Mackinac Bridge. Howell is currently producing *Thomas Edison,* the life story of the great inventor who grew up in Michigan. The program will debut in late 2001.

For more information, contact: Mark Howell Productions, Box 827, Muskegon, Michigan 49443. Telephone: 231-893-9137, or email: HowellFilm@Earthlink.net. Fax: 231-893-9137.

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Published and Printed By
Fundcraft Publishing
P.O. Box 340
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Appetizers, Relishes & Pickles

APPETIZERS, RELISHES & PICKLES

MOCKED CHOPPED LIVER

Honey Friedman
West Bloomfield, MI
Auction Manager
1974-1978 and 1994-1995

(Vegetable Pate)

3 onions, chopped	¼ c. walnuts, coarsely ground
1 (15 oz.) can LeSueur "Early Peas"	paprika
12 hard-boiled egg whites	salt and pepper to taste

Sauté the onions until well browned. In blender or food processor, grind the drained peas, egg whites and sauteed onions. Add the nuts, paprika, salt and pepper. Chill and serve as an hors d'oeuvre with party rye or great for a sandwich filling.

DON'S MOM'S CHEESE BALLS

WNMU-TV
Marquette, MI
Don and Dorothy Wilkie

10 oz. pkg. Cracker Barrel sharp cheese, grated	½ c. mayonnaise (not salad dressing)
10 oz. pkg. Cracker Barrel extra sharp cheese, grated	½ tsp. Accent
8 oz. pkg. Velveeta cheese, grated	1 Tbsp. Worcestershire sauce
16 oz. pkg. Philadelphia cream cheese, cubed	1 Tbsp. pure horseradish (not creamy)
	dash of Tabasco sauce
	dash of garlic powder
	dash of salt and pepper

Blend all ingredients VERY thoroughly. Form into balls. Roll in paprika or finely chopped nut meats. Refrigerate until ready to use.

TORTILLA DIP

Michigan Magazine
Dell Vaughan

2 (8 oz.) pkg. cream cheese	2 small or 1 large picante sauce
8 oz. Monterey Jack cheese	1 can sliced green or black olives
16 oz. sour cream	16 oz. pkg. shredded Cheddar cheese
1 medium onion, chopped	
1 green pepper, chopped	

Mix sour cream and cream cheese together. Spread on bottom of cake pan. Sprinkle onion, green pepper and ½ of olives.

Sprinkle ½ of the cheeses. Pour taco sauce over all. Sprinkle rest of cheese. Sprinkle rest of olives.

BEAN DIP FOR NACHOS

Michigan Magazine
Dell Vaughan

1 pkg. taco seasoning mix	**1 can bean and bacon soup**
1 can Cheddar cheese soup	**1 lb. hamburger**

Brown meat with taco seasoning. Put soups in pan with ¼ can water to each can. Heat on low. Drain hamburger, then mix in the soup. Heat all together. Dip nachos.

CHEDDAR PARTY BALL

Great Lake Outdoors
Susie Sherrill

(Family Favorite)

2 c. shredded Cheddar cheese	**2 Tbsp. Worcestershire sauce**
2 pkg. Kraft cream cheese	**½ c. chopped pecans**
1 envelope Lipton onion soup mix	

Let cheese set at room temperature for one hour prior to mixing ingredients. Combine all ingredients except pecans until thoroughly mixed. Shape into a ball and roll in chopped pecans. Wrap in plastic wrap and store in refrigerator. Best if prepared a day ahead and remember to set out at room temperature a few hours prior to serving. Great with your favorite snack crackers.

BARB'S GOODIES

Great Lakes Ports O'Call
Video Images Inc.

1 box each: thin pretzels, Rice Chex and Corn Chex	**dry roasted peanuts**
	confectioners sugar

Mix together.

WINE JELLY

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

2 c. wine	**½ bottle Certo fruit pectin**
3 c. sugar	

Combine wine and sugar in top of double boiler. Stir until sugar is dissolved. Remove from heat; stir in Certo immediately. Pour into sterilized jars. Cover with ⅛-inch hot paraffin.

This is wonderful at the holidays with a big turkey dinner.

FRENCH PICKLES

Jayne Marsh
Assistant Director, WKAR
East Lansing, MI

1 pk. green tomatoes
8 large onions
2 qt. vinegar
1 oz. mustard seed
1 Tbsp. cloves
4 green peppers
1 c. salt
1 Tbsp. cinnamon
1 Tbsp. pepper
2 ½ lb. brown sugar

Chop fine the tomatoes, onions and peppers. Boil together vinegar, mustard seed, cloves, cinnamon, pepper and brown sugar. Place vegetables and salt in a large bowl. Let stand overnight. Drain well and then boil mixture for 15 minutes in 2 quarts of water. Drain. Add to vinegar and spice mixture. Boil ingredients for another 20 minutes. Serve.

My grandmother's "French Pickles" were a family favorite and a great way to make use of all that "end of season" produce from the garden.

-•EXTRA RECIPES•-

Soups, Salads & Sauces

SOUPS, SALADS & SAUCES

SLOW COOKER LENTIL RICE SOUP

Barry Stutesman
Michigan Magazine

- 2 c. dry lentils
- 2 c. uncooked long grain brown rice
- 1 c. chopped carrots
- ½ c. chopped celery
- ½ c. onion, chopped
- 8 c. water
- 1 c. vegetable broth
- 1 tsp. garlic powder
- ½ tsp. ground black pepper
- 1 Tbsp. salt
- 1 c. sliced fresh mushrooms

Place the lentils, rice, carrots, celery, onion, water, broth, garlic powder, ground black pepper and salt in a slow cooker. Cover and cook on low setting for 7 to 8 hours. Stir in the mushrooms one hour before serving. Makes 10 to 12 servings.

TURTLE SOUP

WDCQ-TV/19
WDCP-TV/35

- 1 medium turtle, dressed and cut into pieces
- 1 bunch carrots, sliced
- 1 ½ lb. potatoes, peeled and cubed
- 2 large onions, chopped
- 4 ½ c. beef broth
- 1 Tbsp. flaked parsley
- season to taste

In large pot, place turtle and cover with water. Simmer for 1 hour over medium heat. Add remaining ingredients and cook until carrots and potatoes are tender.

POWDER RIVER CHOWDER

The Wilderness Journal
Tina Randall

(Montana Potato Soup)

- 6 medium potatoes, washed, peeled and sliced
- 2 large carrots, washed, peeled and cut into small slices
- 5 celery stalks, diced
- 2 qt. water
- 1 large onion, chopped
- 6 Tbsp. butter
- 6 Tbsp. all-purpose flour
- 1 tsp. salt
- 1 tsp. pepper
- 1 ½ c. milk

In a large cooking pot, cook the potatoes, carrots and celery in water until they are tender. This will take about 20 to 25 minutes. Drain but reserve the liquid and set the vegetables aside. In the same cooking pot, add the butter and onion. Cook until soft. Stir in the flour, salt and pepper and then gradually add the milk, stirring constantly until it thickens. (Remember to keep stirring or the mixture will burn.) Gently stir in your vegetables and then adding 1 cup at a time, your reserved cooking liquid until the soup is a desired thickness. Serve with hot homemade bread and a salad. Put the remaining soup in the fridge. It tastes even better the next day.

RUTH'S CHILI

Independent Producer
Recipe by Mark Howell

1 ½ lb. ground round
¼ c. chopped onion
2 or 3 Tbsp. chopped green pepper
¼ tsp. minced garlic
1 can tomato soup
2 cans of hot water
3 cans dark red kidney beans (undrained)
¼ tsp. salt
½ tsp. coarse black pepper
1 tsp. chili powder
2 Tbsp. butter

Saute chopped onion, chopped green pepper and minced garlic in a saucepan with two tablespoons of vegetable oil and set aside. In a Dutch oven, cook meat until no longer red and drain off any liquid. Add the dark red kidney beans, tomato soup and hot water. Add the sauteed onion and green pepper and the rest of the ingredients. Add the butter and stir well. Turn the burner to low and let simmer for about ten minutes. Makes 6 servings.

PISMO BEACH CLAM CHOWDER

Independent Producer
Recipe by Mark Howell

1 lb. butter
1 ½ c. flour
8 potatoes, peeled and diced
3 medium onions
1 lb. carrots
1 stalk celery
8 oz. clam base
2 qt. water
48 oz. clams with juice
5 qt. half and half or real cream

Make roux: Melt butter in pan over low heat. Stir in flour until it thickens to a gum texture.

Mix together potatoes, onions, carrots, clam base, clams (with juice) and water in a large pot. Bring to a boil. Add roux and stir. Then add the half and half (or cream). Bring to boil. Serves 12 to 15.

BROCCOLI/CAULIFLOWER SALAD

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

2 heads broccoli
1 head cauliflower
1 bunch green onions or red onion, sliced
1 jar sliced mushrooms
6 to 8 slices bacon, crisp fried and crumbed
pine nuts or walnuts, broken up

Prepare veggies. Add dressing.

Dressing:

½ c. sugar
1 tsp. salt
1 tsp. paprika
1 tsp. onion powder
1 tsp. celery seed
1 c. vegetable oil (not olive)
¼ c. vinegar

Blend ingredients in a blender. Let sit 1 hour. Blend a couple of times more. Pour over veggies two hours before serving and mix several times before serving.

This is my all time favorite salad.

TOMATO VEGGIE ASPIC SALAD

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

1 (3 oz.) pkg. lemon jello
1 c. V-8 tomato juice
salt and pepper
1 c. boiling water
1 Tbsp. juice from sweet pickles
½ c. chopped celery
⅓ c. chopped green peppers
1 chopped small onion
½ c. crumbled Blue cheese

Mix the first 5 ingredients together. When it begins to congeal, add celery, green peppers, onion and Blue cheese. Put in mold and chill overnight.

It's an unusual salad, but one of my favorites.

CRISPY BACON COLESLAW

Michigan Magazine
Dell Vaughan

¾ c. Miracle Whip salad dressing
1 Tbsp. sugar
4 c. shredded green cabbage
1 c. shredded red cabbage
½ c. chopped peanuts
4 slices bacon, crisply cooked and crumbled

Mix dressing and sugar in a large bowl. Add remaining ingredients. Mix lightly. Refrigerate. Makes 10 servings.

CRANBERRY SALAD

WNMU-TV
Marquette, MI
Sonya Chrisman

1 pkg. lemon Jell-O
¾ pt. boiling water
2 c. cranberries, chopped
1 whole orange, chopped
¾ c. chopped apple

Dissolve Jell-O in water. Let cool slightly and add other ingredients. Pour into mold and set.

NANCY'S POTATO SALAD

The Practical Sportsman
Recipe from Fred Trost

6 medium peeled potatoes
4 hard-boiled eggs
4 sweet gherkins
1 small onion
½ carrot
2 radishes
small jar chopped pimento
Hellmann's mayonnaise
1 tsp. mustard
pickle juice
3 Tbsp. sugar
salt
pepper
¼ tsp. celery seed

Peel potatoes. Boil in saltwater and cube when just about done. Chop hard-boiled eggs and gherkins. Fine chop the onion. Thinly slice the carrot and radishes. In a separate bowl, mix the mayonnaise, mustard, pickle juice, sugar, salt, pepper and celery seed. Add to the other ingredients. Refrigerate for a few hours before serving.

CHINESE CABBAGE SALAD

Equity Studios
Mike Mort

1 head shredded nappa cabbage
6 chopped green onions
½ stick butter or margarine
2 pkg. Ramen noodles
⅓ c. sesame seeds
¼ c. slivered almonds
½ c. oil
¾ c. vinegar
3 tsp. soy sauce
½ c. sugar

Stir-fry in ½ stick butter or margarine, the Ramen noodles, sesame seeds and almonds. Watch carefully as they cook quickly. Cool completely.

For the dressing, combine oil, vinegar, soy sauce and sugar. Add to stir-fry and cabbage immediately prior to serving.

RASPBERRY CHICKEN SALAD

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

6 c. bite-size pieces salad greens
2 c. cut up cooked chicken
2 c. sliced peaches
1 medium stalk celery, sliced (½ c.)
2 medium green onions, sliced (¼ c.)
½ c. raspberry vinaigrette
½ c. honey roasted peanuts (if desired)

Toss all ingredients except peanuts in large bowl. Top with peanuts. Makes six servings.

POTATO SALAD

Great Lakes Ports O'Call
Video Images Inc.

5 to 6 boiled, cooled and diced potatoes
1 small onion, chopped
¼ to ½ green pepper, chopped
½ cucumber, chopped (optional)
2 to 3 boiled eggs, chopped
chopped celery

Dressing:

salad dressing
milk
1 tsp. prepared mustard
salt and pepper
parsley flakes
celery seeds (optional)

Mix thoroughly. Add to first items. Chill.

MOM'S TUNA-MACARONI SALAD

Great Lakes Ports O'Call
Video Images Inc.

1 c. uncooked macaroni
1 can regular size tuna fish
salt and pepper
salad dressing
1 to 2 sticks celery, diced
chopped raw onion

Cook macaroni. Rinse with cold water until chilled. Combine with rest of ingredients. Refrigerate.

Optional: Small can of drained green peas may be added.

WALDORF SALAD

Forgotten Films
Marquette, MI
William Jamerson
Independent Producer

3 or 4 green apples
2 or 3 stalks celery
1 ½ c. walnuts
salt to taste
iceberg lettuce

Dressing:

½ c. mayonnaise
½ c. applesauce
3 Tbsp. honey
1 Tbsp. lemon juice

In small bowl, mix together the mayonnaise, honey, lemon and applesauce. Leave the apples unpeeled. Core and cut into bite size chunks. Chop celery into chunks. Put the apples, celery and walnuts in a large bowl and sprinkle with salt. Pour dressing over. Mix well and serve on lettuce.

This is a great excuse to use those great Michigan apples. This dish was created at the Waldorf Astoria and was the favorite of kings and the titans of American industry. It is a heavier salad so it is best served with a lighter meal.

AUTUMN COLESLAW

The Boat Shop
Dave Dean

6 lb. sauerkraut, rinsed	**1 green pepper**
2 c. vinegar	**1 yellow pepper**
2 c. sugar	**1 red pepper**
4 tsp. salt	**1 tsp. celery seed**
2 tsp. pepper	**1 head celery**
1 onion	**1 c. vegetable oil**

Rinse sauerkraut. In a pan, heat vinegar and sugar until clear. To kraut add salt, pepper, onion, peppers, celery seed and vegetable oil. Add vinegar and sugar dressing as marinade.

PORK SLAW SKILLET

The Boat Shop
Dave Dean

2 pork tenderloins	**pepper to taste**
1 Tbsp. canola oil	

Slaw:

1 Tbsp. all-purpose flour	**½ tsp. celery seed**
½ c. water	**dash of pepper**
2 Tbsp. vinegar	**5 to 6 c. fine shredded cabbage**
1 Tbsp. sugar	**1 ½ c. shredded carrots**
1 Tbsp. prepared mustard	**1 medium onion, chopped**
2 tsp. Worcestershire sauce	**2 c. chopped apple**

Remove any visible fat and silver connective tissue from the tenderloins and slice. In a large skillet, heat the oil over medium heat. Add the tenderloin slices and cook at least 2 to 3 minutes on each side. Season with pepper. Remove and keep warm.

In a small bowl, combine the flour and water until smooth. Stir in the vinegar, sugar, mustard, Worcestershire sauce, celery seed and pepper. Pour the mixture into the skillet in which the tenderloins were cooked. Add the cabbage, carrots, onion and apples. Cook the mixture over medium heat, stirring until it comes to a boil. Cook and stir for 2 minutes or until thickened and the vegetables are crisp-tender. Top with the pork. Cover and heat through. Makes 6 servings.

OLD FAMILY FAVORITE RECIPE

The Boat Shop
Dave Dean

My grandmother, Mary Elizabeth Mizer-Dean, used to prepare this old family favorite recipe.

cabbage (red is good)	**½ c. apple cider vinegar**
bacon grease	

Saute cabbage down in a frypan with bacon grease. When it gets nice and soft, toss in apple cider vinegar. Serve hot.

She would often serve a side dish of powdered sugar to top the cabbage. Yeah!

BLOODY MARY MIX

Equity Studios
Mike Mort

8 c. tomato juice	**1 Tbsp. sugar**
2 tsp. salt	**2 drops of Tabasco sauce**
½ tsp. pepper	**2 beef bouillon cubes**
1 Tbsp. Worcestershire sauce	**½ tsp. celery salt**
½ tsp. onion powder	**¼ tsp. garlic powder**
3 Tbsp. vinegar	**1 (1-inch) cinnamon stick**

Bring all ingredients to boil. Put in hot jars. Seal tight with hot lids. May add more Tabasco sauce, if desired.

EVELYN VAUGHAN'S HOT PEPPER RECIPE

Michigan Magazine
Dell Vaughan

1 qt. vinegar	**1 c. kosher salt**
2 qt. water	**1 ½ c. oil**

Wearing rubber gloves, seed and quarter hot peppers. Heat the ingredients. Pour over peppers in jars and seal.

EVELYN VAUGHAN'S CANNED CHILI SAUCE

Michigan Magazine
Dell Vaughan

tomatoes	**1 c. sugar**
4 c. onion, coarsely chopped	**1 qt. vinegar**
4 c. green pepper, chopped	**2 tsp. cinnamon**
1 large stalk celery, cut up	**2 tsp. allspice**
4 Tbsp. kosher salt	**2 Tbsp. mustard seed**

Scald tomatoes and quarter into a large canning kettle, ½ full. Put the cinnamon, allspice and mustard seed into a cheesecloth or tea bag holder. Put spices with vegetable mixture and cook for 1 ½ hours. Remove spices. Pour hot sauce into jars and seal.

IMPROMPTU BARBECUE SAUCE

The Practical Sportsman Recipe from Fred Trost

can of Coca-Cola
tomato catsup
chili powder
onion or garlic salt
Catalina French salad dressing

Trost Comment: The evening before the 2000 Upper Peninsula duck opener, Craig Lauerman, Scott, Roger and Uncle Henry were playing cards. They put Tim Ferrigan and I in charge of grilling the chicken. There was no barbecue sauce in the cabin, so I made a creative concoction. The amounts of the ingredients aren't listed because I don't know them. Mix in what feels right.

Use just enough Coke to thin it down. (The Coke contains lots of sugar that sweetens the sauce.) Instead of Coke, use brown sugar. Add a little vinegar if you like. If you don't have salad dressing, leave it out, or substitute something else. Don't worry, there's no way to botch this recipe except by overloading it with garlic salt. Slathered on the chicken before we took it off the grill, this homemade barbecue sauce was a big hit at duck camp.

RED SALSA

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

6 ripe tomatoes
1 pepper
1 onion
1 ½ c. cilantro leaves
3 cloves garlic, finely chopped
5 Tbsp. lemon juice
1 ½ to 2 Tbsp. hot sauce
1 tsp. salt

Coarsely chop tomatoes, pepper, onion and cilantro in a food processor or by hand. Stir in garlic, lemon juice, hot sauce and salt. Refrigerate.

This is a dish I like to make on football Saturdays. It's not difficult to make if you remember to pick up all the ingredients. I prefer to eat it with blue corn tortilla chips.

Main Dishes

MAIN DISHES

EASY RABBIT STEW

WDCQ-TV/19
WDCP-TV/35
Kent Wielau

1 frozen dressed rabbit
1 large onion, cut up
1 small green pepper, cut up
1 to 2 stalks celery, sliced
2 cloves garlic, chopped
salt and pepper
½ tsp. oregano
1 Tbsp. dried parsley
1 to 2 carrots, cut up
3 Tbsp. catsup or tomato paste
cayenne pepper to taste
1 c. liquid (white wine, cider, tomato sauce or water)

Marinade (Either/Or):

½ c. vinegar
2 Tbsp. salt
2 cloves garlic, minced
cold water to cover

Or:

1 c. dry vermouth
1 bay leaf, crumbled
3 Tbsp. fresh lemon juice

Defrost rabbit meat overnight in one of the marinades. Brown rabbit with vegetables in hot skillet for 5 to 10 minutes. Place rabbit and other ingredients in crock-pot. Cover and cook on low 8 to 10 hours. Serves 4 to 6.

CROCK-POT GERMAN STYLE BEEF POT ROAST

WNMU-TV and FM
Marquette, MI
Earl Littich

3 to 4 lb. beef roast
2 medium onions, sliced
3 or 4 medium dill pickles
1 tsp. dill weed
salt and pepper to taste

Cover and cook on low 10 to 12 hours; high 4 to 5 hours.

Warning: Attempting to cook overnight will awaken everyone in the house with the terrific smell of this dish sometime after 1 AM.

SWEET AND SOUR GREEN BEANS

The Practical Sportsman
Recipe from Fred Trost

3 slices bacon
1 small onion
¼ tsp. salt
¼ tsp. dry mustard
1 (16 oz.) can green beans
3 Tbsp. vinegar
1 Tbsp. brown sugar
1 hard-boiled egg

Cook 3 slices of bacon until crisp. Remove and dice. Leave 1 tablespoon drippings in pan to which you add 1 small sliced onion. Cook until tender. Stir in salt and dry mustard. Drain the can of beans, saving ½ cup of the liquid which you stir into the onion mixture. Blend in vinegar, brown sugar and the bacon. Add the beans and heat. Top with chopped egg.

Trost Comment: I got this recipe from Mary Ann Kiesler who was formerly the graphic artist for WKAR-TV. It was Mary Ann and Jack Dunlevy who designed the original Michigan Outdoors TV "cabin" set in 1981. We still use those backdrops and many of the props for the Practical Sportsman TV show.

STIR-FRY VENISON

The Practical Sportsman
Recipe from Fred Trost

Marinade:

2 lb. venison, cut into strips
½ c. soy sauce
¾ c. water
1 tsp. oyster flavor sauce
pinch of ginger, garlic powder and pepper
1 tsp. white pepper

Vegetables:

1 c. thinly sliced carrots
½ c. chopped onion
1 c. celery, chopped diagonally
green and red peppers, sliced
1 can water chestnuts
4 oz. can pineapple chunks
2 red tomatoes, quartered
4 oz. can mushroom

Thickening:

1 Tbsp. tapioca starch or cornstarch
¼ c. water

Blend meat, liquids and spices. Marinate in refrigerator overnight. In hotly oiled wok, stir-fry marinated meat, vegetables and thickening just before serving over bean sprouts or rice.

Trost Comments: This recipe was sent to us by Margaret Hart from Glace Bay, Nova Scotia. It's a basic stir-fry for any meat, wild or domestic, and one of my favorite meals.

CHEESY CROCK-POT CHICKEN

Equity Studios
Mike Mort

2 lb. boneless skinless chicken breasts
2 cans condensed cream of chicken soup
1 can condensed Cheddar cheese soup
½ tsp. garlic powder

ALMOST TOO EASY, THE CHICKEN COOKS IN A CREAMY CHEESE SAUCE THAT IS DELICIOUS OVER NOODLES.

Place chicken breasts in the crock-pot. Mix the undiluted soups together with the garlic powder and pour over the chicken. Cover and cook on low 6 to 8 hours or until chicken is tender. Serve over cooked egg noodles or rice. Garnish with chopped fresh parsley.

Add a vegetable (I like cauliflower with this recipe), a salad and some crusty dinner rolls for a delicious and easy dinner. Makes 8 servings.

LOUISIANA YAM 'N' PORK CHOP SURPRISE

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

4 pork chops (1-inch thick)
½ tsp. salt
¼ tsp. pepper
3 Tbsp. salad oil
2 (16 oz.) cans yams (undrained)
1 (8 ½ oz.) can sliced or chunk pineapple (undrained)
⅛ tsp. each: ground cinnamon, ground nutmeg and ground allspice
½ tsp. basil leaves, crushed
1 (8 ½ oz.) can water chestnuts, drained and sliced

Sprinkle chops with salt and pepper. Brown chops in hot oil in large heavy skillet; remove. Drain fat from skillet. Drain syrup from yams and pineapple into skillet. Cut sliced pineapple in half. Set pineapple and yams aside. Stir seasonings into syrup in skillet; add chops. Cover and simmer chops 45 minutes, basting occasionally. Add yams, pineapple and water chestnuts. Simmer covered 15 minutes more, basting occasionally. Transfer to serving dish. If desired, serve sauce in gravy boat. Makes four servings.

VENISON TIPS IN MOREL MUSHROOM GRAVY

CMU PBS TV and FM
Mt. Pleasant, MI
Carolyn Lee Schrot

2 lb. venison steak cubes
1 large onion
nice amount dehydrated morel mushrooms (if you are successful in the spring in finding the right morel)*

*I seem to be very successful and have a plentiful amount for cooking through the year. If you are not a successful morel hunter, just go ahead and buy either the fresh kind or canned.

Rehydrate the morels; put them in a bowl of warm water and let stand for 30 minutes. Drain, then wash again and drain. Let stand in a colander to get as much water off as possible. I usually squeeze them by hand. Saute the venison and onion in the oil until browned, then add the morels and continue to brown several minutes. Add some beef bouillon in 2 cups water. Continue to simmer 45 minutes. Serve over noodles or rice.

SLOW COOKED VENISON

CMU PBS TV and FM
Mt. Pleasant, MI
Sharon Periard

2 to 2 ½ lb. cubed venison steaks
1 (10 oz.) can mushroom soup
1 small onion, chopped
1 c. milk
2 Tbsp. cooking oil
¼ c. flour
1 tsp. salt
1 tsp. pepper

Roll venison in flour, salt and pepper mixture. Brown on both sides in oiled skillet. In crock-pot, layer meat, onions and soup (right out of the can). Pour milk over it all and cook on slow temperature for 8 to 10 hours. This will make gravy in itself. I like this served over cooked noodles, but is also great over mashed potatoes or cooked rice.

This is a dish I usually put together before leaving for work. The house smells great when you walk in the door, and supper is almost all ready! This recipe was shared with me by mother-in-law, Dorothy Lipar, of Remus. She and her husband, George, owned the Remus Tavern for years, so she was always looking for good easy recipes to have after a busy day.

RED BEANS AND WHITE RICE

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

2 c. dried red beans, soaked overnight
1 carrot, peeled and diced
1 large onion, chopped
¼ c. chopped celery
1 bay leaf
1 tsp. Tabasco sauce
1 lb. salted pork, diced
salt and pepper to taste
2 c. steamed long grain white rice

Drain and rinse beans. Add carrot, onion, celery, bay leaf, Tabasco sauce and salt pork. Add enough water to cover and bring to a boil. Reduce heat. Simmer for 2 hours. Salt and pepper to taste. Mix with rice.

Black beans area good but red are better. I also like adding jalapeno peppers to this dish, but it's not for the faint of heart.

COTTAGE POTATOES

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

10 large potatoes, cooked, cooled in jackets and diced
½ lb. American cheese, diced or shredded
1 large onion, diced
1 green pepper, diced
1 small jar pimiento, diced
salt and pepper
Pet milk to cover
½ c. melted butter
cornflakes or buttered bread crumbs

Drizzle melted butter over top. Top with crushed cornflakes or buttered crumbs. Bake 1 hour at 350°. Serves 8.

CABBAGE AND BACON CASSEROLE

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

4 slices bacon, cut into 1-inch pieces
1 small head cabbage, shredded (8 c.)
1 small onion, chopped
1 carrot, shredded
3 Tbsp. cider vinegar
½ tsp. sugar
2 tsp. Dijon style mustard
½ tsp. salt
¼ tsp. caraway seed, crushed (optional)
⅛ tsp. pepper

Saute bacon until crisp. Reserve 2 tablespoons drippings. In 3-quart casserole, combine cabbage, onion, carrot and bacon. In small bowl, mix well vinegar, bacon drippings and next 5 ingredients. Pour over cabbage mixture; stir until well combined. Bake in 350° oven until vegetables are cooked, approximately 1 hour.

IMPOSSIBLE CHEESEBURGER PIE

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

1 lb. ground beef
1 c. chopped onion
½ tsp. salt
1 c. shredded Cheddar cheese
1 c. milk
½ c. Bisquick baking mix
2 eggs

Heat oven to 400°. Brown ground beef and onion. Drain off grease. Stir in salt. Spread in greased 9-inch pie plate. Sprinkle with Cheddar cheese.

Mix remaining ingredients with fork until blended. Pour over beef mixture. Bake for 25 minutes or until knife comes out clean.

WILD RICE CASSEROLE

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

½ c. margarine
20 oz. frozen broccoli bits
1 ¼ c. wild rice
2 cans cream of mushroom soup
½ c. slivered almonds
1 medium onion, diced
8 oz. Cheez Whiz

To cook rice: Cover with water. Bring to boil; drain. Repeat. Drain. Repeat 3rd time. Cook rice for 45 minutes, simmering. Drain. Sauce almonds and onion in margarine. Add broccoli; cook until thawed. Add remaining ingredients. Bake uncovered in 350° oven for 45 minutes.

PASTIES

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

Crust:

1 c. oleo
1 tsp. baking powder
3 c. flour
1 Tbsp. white vinegar
¼ c. water
1 egg

Blend and mix oleo, baking powder and flour. Mix vinegar, water and egg. Add to first mixture.

Filling:

1 medium potato (for each pastie)
1 lb. carrots
1 small rutabaga
2 lb. ground chuck
½ lb. fresh pork sausage
2 onions
salt and pepper to taste

Grind vegetables or chop.

Combine filling ingredients; mix well. Divide dough into nine equal portions and roll each in a circle. Fill each with 1 cup filling and fold in half and seal edges. Bake in 350° oven for 1 hour.

BAKED BEANS A LA VEGETARIAN

Barry Stutesman
Michigan Magazine

1 lb. dry beans
1 c. dark amber maple syrup
¼ c. olive oil
¼ tsp. ginger
¼ tsp. dry mustard
1 tsp. salt
shake of pepper

Soak beans until double in size. Boil until skin wrinkles when blown upon. Place in bean pot or heavy baking dish. Add maple syrup, olive oil, ginger, dry mustard, salt and pepper. Cover with water and bake until tender at 325° about 4 hours.

TOMATO PUDDING

Agnes Scott
Vice President of Special Projects-W
1st Auction Chairman 1969
Auction Manager 1970, '71 and '72

1 loaf white bread, sliced
1 large can tomato puree or crushed tomatoes
1 stick butter, melted
brown sugar to taste

Preheat oven to 375°. Place sliced bread in a large casserole and add tomato puree, melted butter and brown sugar. Mix thoroughly and add more liquid (juice, water) if needed. Bake covered for 40 minutes at 375°. Remove cover for last 10 minutes. Serve as starch/ vegetable dish with meat, poultry or fish.

SILVER'S STUFFED SHELLS WITH CHEESE

Jill Silver
West Bloomfield, MI
Auction and Special Events Coordinator-WTVS

1 medium onion, chopped
6 mushrooms, chopped
1 Tbsp. garlic, minced
1 whole green or red pepper, chopped
2 Tbsp. virgin olive oil
3 (15 oz.) cans Hunt's basil tomato sauce
2 Tbsp. sugar
¼ c. fresh parsley
2 Tbsp. oregano
2 Tbsp. basil
1 Tbsp. thyme
¼ c. fresh whipping cream
6 to 8 jumbo pasta shells
16 oz. Ricotta cheese
1 Sargento Italian cheese pkg.
1 egg

Preheat oven to 350°. Sauté onions, mushrooms, garlic and peppers in a large pot with a small amount of olive oil. Add tomato sauce and cook slowly, stirring occasionally. Add sugar and ½ of Italian spices to sauce. Cook sauce for at least 2 hours. Cook jumbo shells according to package instructions; rinse with cold water and pat dry. Mix Ricotta cheese, parsley, remaining Italian spices, Sargento cheese and egg. Stuff shells and add small amount of whipping cream to sauce before baking. Cover bottom of casserole with layer of sauce. Place stuffed shells on casserole dish and cover with sauce. Top with shredded cheese and bake at 350° for 30 minutes or until crusty on top. Sprinkle chopped parsley on top.

SALMON POTATO CASSEROLE

Great Lakes Outdoors
Favorite of Rob Trott

- **1 ½ c. flaked smoked salmon**
- **4 medium white potatoes (about 2 lb.)**
- **1 medium onion, chopped**
- **3 Tbsp. margarine or butter**
- **2 Tbsp. snipped fresh parsley**
- **¼ tsp. pepper**
- **⅓ c. water**

Heat oven to 350°. Grease 2-quart casserole. Cut potatoes into thin slices. Layer half each of the potato slices, onion, fish, margarine, parsley and pepper in casserole. Repeat layers. Pour water over layers in casserole. Cover. Bake until potatoes are tender, about 1 ¼ hours. Serve with margarine and snipped parsley, if desired.

VOLUNTEER CABBAGE ROLLS

WNMU-TV and FM
Marquette, MI
Scott and Peg Seaman

It's always a good idea to gather a few good volunteers to help with mixing and rolling these favorites. A ground beef mixture rolled inside a cabbage leaf and simmered overnight in sauerkraut. This list of ingredients makes about 25. Leftovers freeze well for additional meals, and they only improve as the flavors mingle.

- **3 lb. pkg. ground beef**
- **1 ½ c. rice**
- **3 eggs**
- **2 onions, diced**
- **2 tsp. salt**
- **½ tsp. pepper**
- **2 medium cabbage heads**
- **2 large cans sauerkraut**
- **water as needed**

Mix first six ingredients as for meat loaf and set aside or refrigerate. Choose nice heads of cabbage without splits. Lightly parboil these in a large canner about half full of boiling water. The leaves will soften and separate easily. Don't overcook or the leaves will become too mushy to roll. Don't undercook or the leaves will split instead of bending when you try to roll them. (If your do over or undercook, use these leaves to line the bottom of the pot in case of scorching.) The largest outer leaves may need as much as half a cup of meat mixture for filling while smaller inner leaves may need only a tablespoonful. Place the appropriate amount at the base of the leaf and roll up. (Don't roll too tight or the cabbage leaf will split as the rice expands while cooking.) Gently push the unfilled edges of the leaf into each side of the roll.

This will keep the roll intact throughout cooking. Although the rolling process sounds difficult and time consuming, it will become easy once you've begun.

Using either a roaster or large pot, alternate layers of cabbage rolls with layers of sauerkraut until all are used. The cabbage hearts should also be quartered and included as they acquire a wonderful flavor. Add water to barely cover the top layer. Cover.

Stove Top: Bring to a boil, then reduce heat and simmer for a minimum of two hours.

Oven: Bake at 250° for a minimum of two hours. I often simmer or bake overnight or up to 8 hours.

CHICKEN ENCHILADA CASSEROLE

WNMU-TV
Marquette, MI
Sonya Chrisman

1 c. chopped onion
½ c. chopped green pepper
3 Tbsp. butter
¼ c. flour
¾ tsp. salt
1 c. sour cream
12 (6-inch) tortillas
2 Tbsp. butter
2 c. chicken or turkey
1 (4 oz.) jar green chili peppers, rinsed and seeded
1 tsp. ground coriander (optional)
2 ½ c. chicken broth
1 ½ c. shredded Monterey Jack cheese

Saute onion and green pepper in two tablespoons butter until tender. Combine onion mixture in a bowl with chopped chicken and green chili peppers. Melt three tablespoons butter; stir in flour, coriander and salt. Stir in chicken broth all at once. Cook and stir until thickened and bubbly. Remove from heat. Stir in sour cream and ½ cup of the cheese. Stir ½ cup sauce into the chicken mixture. Dip each tortilla into remaining sauce to soften. Fill each tortilla with ¼ cup of the chicken mixture. Roll up. Arrange into 13 x 9-inch pan. Pour sauce over it. Sprinkle with cheese. Bake at 350° for about 25 minutes.

JACKIE'S SQUIRREL PIE

Michigan Magazine
Dell Vaughan

3 squirrels or 1 chicken
¾ c. vegetable oil
1 c. celery, chopped
1 c. onions, sliced or chopped
1 c. carrots, sliced
salt and pepper to taste
water to cover
1 ½ Tbsp. cornstarch
1 c. milk
1 (10 ½ oz.) can cream of chicken soup

Cut squirrels into pieces. Brown in oil in Dutch oven. Add celery, onions, carrots, salt and pepper. Add water to cover. Bring to a boil. Lower heat and simmer for 1 hour or until meat is tender. Remove meat from bones and cut into pieces. Blend cornstarch, milk and soup, heating slowly. Cook until thickened. Add squirrel. Line a casserole with half the pie dough and pour in squirrel mixture. Cover with remaining dough. Make slits in the top crust to allow steam to escape. Bake at 400° for 15 minutes or until crust is brown. Serves 4 to 6.

Squirrel Pie Dough:

2 c. flour
¾ tsp. salt
⅔ c. shortening
5 Tbsp. ice water

Sift together flour and salt. Cut shortening into dry ingredients with pastry blender or two knives until the mixture has the consistency of coarse meal. Add water, a little at a time, tossing mixture with a fork to blend until ingredients will form a ball when pressed together. Roll out on floured surface to desired size.

VENISON MEXICAN LASAGNA

The Wildnerness Journal
Kyle Randall

1 Tbsp. vegetable oil
1 lb. ground venison
1 small onion, chopped finely
2 small green bell peppers, chopped
½ c. diced green chilles
1 pkg. taco seasoning mix
2 c. thick taco sauce (the thicker the better
1 pkg. flour tortillas
2 c. shredded cheese (sharp Cheddar goes well on this)

Preheat the oven to 350° to 375°. Brown the venison in the vegetable oil, then stir in the onion, bell pepper, chiles and taco seasoning mix. Reduce heat and cook, stirring often as not to burn the vegetables. Cook until the vegetables are tender. Spread ½ taco sauce over the bottom of a greased baking dish. Place 5 tortillas and spread half of the venison mixture and ½ thick taco sauce on the tortillas. Sprinkle 1 cup of cheese on the layer. Repeat this with the remaining ingredients. Bake for 20 to 25 minutes and cheese is melted.

You can serve this with more thick taco sauce or with sour cream.

BLUE RIBBON MACARONI BAKE

Great Lakes Outdoors
Susie Sherrill

- 1 box Kraft macaroni and cheese, prepared
- 1 lb. ground beef (venison works great)
- ½ c. ketchup
- 1 onion, chopped
- 12 saltine crackers
- 1 egg
- sat and pepper

Prepare macaroni and cheese according to box directions. Grease 2-quart casserole dish and add ½ of prepared macaroni to dish. Mix meat, onions, ketchup, crackers, eggs, salt and pepper to taste. Place in casserole dish on top of macaroni and cheese, then on top add remainder of macaroni. Bake uncovered in preheated 350° oven for 45 minutes to one hour. Serve with tossed salad. Kids love this one.

ZUCCHINI APPETIZER

Equity Studios
Mike Mort

- 3 c. thinly sliced unpeeled zucchini
- 1 c. Bisquick
- ½ c. chopped onion
- ½ c. grated Parmesan cheese
- 2 tsp. snipped fresh parsley
- 1 tsp. salt
- ½ tsp. pepper
- 1 clove chopped garlic
- ½ c. oil
- 4 large slightly beaten eggs

Heat oven to 350°. Grease a 9 x 13 x 2-inch pan. Mix all ingredients well and spread in pan. Bake for 25 to 30 minutes or until golden brown. Cool slightly and cut into 2 x 1-inch pieces. Serves 12.

CAMPFIRE POTATOES

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

- ¼ c. chopped onions
- 2 Tbsp. oleo
- ½ tsp. salt
- ⅛ tsp. pepper
- 1 Tbsp. flour
- ¾ c. milk
- 1 c. smokey Cheddar cheese
- 12 oz. hash brown potatoes (frozen)

Saute onions in oleo; add flour and stir. Place hash browns in an 8 x 8 square buttered pan or wrap in foil. Sprinkle with salt, pepper and cheese. Pour onion and milk mixture over potatoes. Cover and bake at 350° for 30 minutes. Remove from oven and stir. Bake uncovered an additional 15 to 20 minutes.

OVEN BAKED CANDIED SWEET POTATOES

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

- 8 c. (3 lb.) sweet potatoes, cut in one-inch cubes
- ½ c. brown sugar
- 1 tsp. McCormick pumpkin pie spice
- 2 Tbsp. orange juice
- 1 tsp. pure vanilla extract
- 2 Tbsp. butter

Combine potatoes with brown sugar and pumpkin pie spice. Spread in 9 x 13 baking dish. Combine orange juice and vanilla; add to potatoes. Dot potatoes with butter. Cover and bake at 350° for 40 minutes. Remove from oven and stir. Bake uncovered 15 to 20 minutes more or until potatoes are fork-tender. Makes 8 to 10 servings.

BOATER'S BAKED BEANS

Great Lakes Ports O'Call
Video Images Inc.

- (24 oz.) 48 oz. jar Randall Great Northern beans
- sliced kielbasa
- brown sugar to taste
- molasses to taste

Combine all ingredients. Bake uncovered at 325° for 3 to 4 hours. Cover if starts to dry out. Beans are done.

JUST TOO TIRED AT THE END OF THE DAY

The Wilderness Journal
Tina Randall

- 1 lb. venison
- 1 small onion, chopped fine
- 1 green pepper, chopped fine
- 2 cans cream of mushroom or you can choose your favorite cream soup (we like cream of chicken soup)
- 1 pkg. frozen Tater Tots
- salt and pepper to taste
- shredded cheese

Brown the venison along with the onion and green pepper, adding salt and pepper to taste. (I also add some garlic salt, but you be the judge on how you want to season the venison.) Pour the cooked meat in a casserole dish and cover the top with 2 cans of cream of mushroom soup. (Remember that you can use any cream soup that is your family favorite but do not add any water or milk, just use it from the can and spread it around.) Top the soup with the Tater Tots and again season with salt and pepper and if you have some shredded cheese, sprinkle some on the Tater Tots. Bake uncovered in a 350°

oven for about 35 to 40 minutes or until bubbly and cheese is melted and golden brown. Serve with a salad and enjoy.

–•EXTRA RECIPES•–

Meats, Poultry & Seafood

HONEY/ROAST PHEASANT

WDCQ-TV/19
WDCP-TV/35

Pheasant season in my area always came around Thanksgiving. This recipe has pleased many for the holidays.

1 pheasant
1 c. honey
1 c. creamy peanut butter
2 Tbsp. cider vinegar
2 Tbsp. soy sauce
1 tsp. MSG (optional)

Combine all ingredients but the pheasant in a medium saucepan. Cook over low heat until peanut butter is melted, stirring frequently. Place the pheasant in a roasting pan. Pour the sauce over the bird. Cover and place into the refrigerator overnight. Bake at 350° for 1 hour, basting frequently with the drippings.

This recipe goes well with fresh vegetables, mashed potatoes, gravy and macaroni and cheese.

TEX-MEX TACO FILLING

WNMU-TV and FM
Marquette, MI
Earl Littich

1 lb. beef
½ lb. pork
1 Tbsp. cooking oil
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp. cumin

Slice meat into strips ½ x ½-inch. Heat oil in large frypan. Brown beef and pork; season with spices. Add ¼ cup water and cook over low heat for 1 ½ to 2 hours until tender. Add ½ cup of Red Chili Sauce (recipe follows) and simmer for additional ½ hour.

This filling is worth the extra time needed to prepare. Rave reviews will accompany this dish.

Red Chili Sauce:

⅛ c. lard (no substitute)
2 c. water
⅜ c. white flour
⅜ c. pure red chili powder
1 tsp. salt

Melt lard over low heat. Stir in flour and salt with a whisk. Continue stirring until flour is cooked to a light golden brown (7 to 10 minutes). Mix chili powder and water in a bowl until free of lumps. Slowly add chili-water mixture to flour-lard mixture, stirring constantly, until smooth gravy of medium consistency is achieved. Cook for 20 to 30 minutes. While stirring frequently with gravy whisk, add water if mixture becomes too thick. Makes approximately 1 quart of sauce.

This sauce is a basic red sauce for tacos, enchiladas and tamales. This sauce will keep for up to a week in the refrigerator.

SAUERBRATEN

The Boat Shop
Dave Dean

1 ½ lb. round steak
1 Tbsp. fat
1 envelope brown gravy mix
2 c. water
1 Tbsp. minced onion
2 Tbsp. white wine vinegar
2 Tbsp. brown sugar
½ tsp. salt and pepper
1 tsp. Worcestershire sauce
1 bay leaf
½ tsp. ginger

Cut round steak in 1-inch square pieces and brown in fat. Remove from pan. Add water and gravy mix. Boil until thickens. Add the rest of ingredients and simmer with meat, 1 ½ hours. Serve over noodles.

NO MESS, BEST FRIED FISH

The Wilderness Journal
Kyle Randall

fresh boneless fish fillets (pike, walleye, perch, etc.), cut into small pieces approximately 3-inches (8 oz. to a person)
saltine crackers
vegetable oil (peanut or canola are best)
1 stick butter
black pepper and seasoned salt

You will also need heavy tinfoil (one roll) and an old metal muffin pan.

Tear 8 x 8-inch squares of tinfoil and press centers into muffin pan. Leave edges upright to form a cup. Place pan on barbecue grill, highest heat. (Note: If oil does not reach high temperature, you may need to lower barbecue grill closer to coals.) Add 3 tablespoons of oil and one pat of butter to each tinfoil cup. Bring to very high temperature. While waiting for oil to heat, crush saltines in a large piece of foil until near powdered. Add seasoned salt and pepper to taste. Roll fish pieces in crackers and drop into foil cups. Fry for approximately 4 minutes or until lightly brown. DO NOT OVERCOOK!!!

Lift fish from foil with fork and repeat. When finished, let cool. Remove oil and foil for easy cleanup. Servings limited to the number of fish you can catch.

TROUT SPANISH STYLE

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

4 trout
4 to 6 Tbsp. olive oil
2 Tbsp. flour
½ clove garlic, minced or mashed
¾ c. warm fish stock
¾ c. dry white wine
1 sprig fresh thyme
1 bay leaf
3 or 4 sprigs parsley

Clean trout well. Heat oil in skillet and saute trout 2 minutes per side. Transfer fish to a shallow baking dish. Put 4 teaspoons of oil in pan and over low heat stir flour into it. Add garlic. Stir until golden tan. Combine the fish stock and wine; pour into pan while stirring. Put in all herbs. Allow to bubble 20 minutes without actually boiling. Pour sauce over trout and cook in preheated 350° oven for 10 minutes

I acquired my taste for Spanish food when I was in Austin, Texas researching my film on Mexican farm workers. I suggest black beans and rice plus a bottle of Riesling white wine with this dish.

LEMON TROUT

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

4 (10-inch) trout
2 Tbsp. butter or light cooking oil
½ tsp. salt
⅛ tsp. pepper
½ tsp. paprika
2 large lemons

Wipe trout well. Mix the salt, pepper and paprika together. Rub one side of each trout. Lay the trout with seasoned side down in a shallow broiling pan that has been rubbed with butter. Broil 4 to 5 minutes without turning. While the trout broils, grate the rind of one lemon; peel off the white pith. Slice lemons thinly, removing seeds. Remove the pan from heat and turn trout. Sprinkle with the remainder of seasoning and arrange the lemon slices over them. Return to broiler and cook 3 to 4 minutes.

APPLE GLAZED GRILLED PORK CHOPS

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

4 large pork chops (about ¼-inch thick)
1 large clove garlic
1 tsp. salt
1 c. calvados or applejack
1 c. finely grated apple pulp
¼ tsp. powdered cloves
large pinch of salt

Trim the chops of excess fat. Sliver the garlic and with the knife, make tiny slits in the chops and insert the garlic. Rub chops sparingly with salt. Put on grill for 3 to 4 minutes on each side. In a small saucepan on the edge of grill, combine the calvados (or any apple brandy) or applejack with the apple pulp, cloves and salt. Stir until blended. Do not boil. Brush the chops with the sauce and cook for an additional 5 to 8 minutes on each side.

Comment: The best thing about fall is raking leaves, tailgating at football games and fresh Michigan apples. This recipe works well with Jonathan, McIntosh and any other of your favorites. Remember to cook the pork chops to medium or more.

PAPRIKA PHEASANT

CMU PBS TV and FM
Mt. Pleasant, MI
Carolyn Lee Schrot

1 pheasant, quail or partridge, etc.
1 large onion
paprika, salt and pepper
flour
mushrooms (again, using the morels or you can use the store type)
1 can condensed milk

Shake the paprika, salt and pepper on all the pheasant. Then shake in flour. Brown in a skillet with oil and the large onion and mushrooms. When it is browned, put pheasant, onions and mushrooms in a baking dish. Add condensed milk over it. Bake at 350° for 45 minutes. While the pheasant is cooking, make drop noodles.

2 c. flour
3 eggs
½ c. water

This will make a kind of sticky dough. Mix well. In a large kettle, heat water to boiling. Take a teaspoon. Wet it in the boiling water; put some of the dough on spoon and drop into the water. Repeat the spooning until the dough is used up. Drain the noodles. Serve the pheasant over the noodles.

SHERRIED BEEF TENDERLOIN

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

2 to 3 lb. beef tenderloin
2 Tbsp. butter

Sauce:

¼ c. chopped green onion
2 Tbsp. butter
2 Tbsp. Japanese soy sauce
1 tsp. Dijon mustard
freshly ground pepper
¾ c. dry sherry

Put 2 tablespoons butter on beef. Roast on rack in shallow pan 20 minutes at 400°. Saute onion in 2 tablespoons butter until tender. Stir in remaining ingredients. Bring to a boil. Spread part of sauce on beef. Roast another 20 minutes, basting frequently with remaining sauce. Beef will be medium rare. Serves six to eight.

CHICKEN BREASTS STUFFED WITH WILD RICE

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

8 chicken breasts (boneless, skinless)
1 box long grain wild rice
¼ c. butter
¼ c. onions, finely chopped
¼ c. celery, finely chopped
¼ c. mushrooms, finely chopped
salt and pepper
paprika
2 Tbsp. melted butter

Sherry Orange Sauce:

½ (6 oz.) can frozen orange juice (undiluted)
1 c. pineapple juice
½ c. brown sugar
2 Tbsp. cold water
1 Tbsp. cornstarch
¾ c. sherry

Pound chicken breasts slightly and sprinkle with salt and pepper. Prepare rice mixture according to directions. Cool. Melt butter in skillet. Sauté onions, celery and mushrooms until lightly browned. Combine with rice. Place 1 to 2 tablespoons rice mixture on each breast. Fold up sides, enclosing all stuffing. Place seam side down on buttered baking dish. Brush breasts with melted butter. Sprinkle with salt, pepper and paprika. Bake at 350° for 20 minutes. Then baste with Sherry Orange Sauce. Bake total time of 1 to 1 ½ hours. Makes 8 servings.

Sherry Orange Sauce: Combine juices and sugar in small saucepan. Cook until sugar is dissolved. Combine cornstarch and water. Add to juice and simmer until clear and thickened. Add sherry and remove from heat.

CHICKEN ENCHILADAS

The Practical Sportsman
Recipe from Fred Trost

10 oz. shredded Monterey Jack cheese
2 ½ c. finely chopped cooked chicken
12 oz. sour cream
2 c. chopped onion
1 Tbsp. green chilies, chopped
½ c. grated Romano or Parmesan cheese
¼ tsp. salt
¼ tsp. garlic powder
¼ c. vegetable oil
12 tortillas
2 (10 oz.) cans hot enchilada sauce

Combine ⅓ of the Monterey Jack cheese with the chopped chicken, sour cream, onion, green chiles, Romano cheese, salt and garlic powder. Mix well. Fry tortillas in oil for 4 to 5 seconds until soft. Dip each into enchilada sauce. Place 3 to 4 tablespoons of mix into each and roll up, placing in a baking dish. Add rest of onions and enchilada sauce. Top with the remaining cheese. Bake in a 350° oven for 20 minutes.

Trost Comment: I don't recall where I ran across this recipe, but I've been making it for a long time. When I was younger, I added more onions and substituted jalapenos for chiles. Those days are gone. I can't take the onions and garlic in my old age.

RUSSIAN STROGANOFF

The Practical Sportsman
Recipe from Fred Trost

- **1 lb. top round or sirloin tip**
- **½ lb. fresh mushrooms, sliced**
- **1 onion, chopped**
- **salt**
- **pepper**
- **butter or shortening**
- **2 Tbsp. cornstarch**
- **1 pt. sour cream**
- **2 bouillon cubes or 2 beef stock (Campbell's canned bouillon + water for 2 c.)**

Brown the beef in butter or shortening in a frying pan or Dutch oven. Add onion, salt and pepper. Sauté for a few minutes. Add the bouillon (or beef stock) and bring to a boil. Simmer for 1 hour, making sure the liquid doesn't boil. Then add the sliced mushrooms and cook until the mushrooms are tender. Add the cornstarch to a little water and mix into a smooth paste, then stir into the pot and cook until the stroganoff is thick, stirring constantly. Just before serving, mix in the sour cream. Serve hot over rice or on toast. Makes a great main dish with peas.

Trost Comment: This was another recipe my mother frequently made, at my request. It was nothing like the dark "stroganoff" over noodles we had at school. She always said it is the Russian, not the Shanghai version of stroganoff. The Russians scorned the tomatoes that turned the sauce pink.

OVEN BAKED STEAK

Great Lakes Outdoor
Susie Sherrill

(Great with venison or beef. I use venison!)

- **1 to 2 lb. venison steaks, all fat trimmed**
- **1 large onion, thinly sliced**
- **1 large can mushrooms (fresh are really good, 1 lb. sliced)**
- **1 c. flour**
- **¼ c. cooking oil**
- **1 ½ c. water**

Preheat oven to 350°. Flour steaks on both sides with ½ of flour. Brown lightly in frying pan. Using browned steaks, place in 2-quart casserole dish in layers with onions, mushrooms, flour, salt and pepper. Add water and bake uncovered for 1 hour in preheated 350° oven. Serve with baked potatoes and a tossed salad, and your family will applaud the cook.

MOM'S DAY AFTER FISH PATTIES

The Wilderness Journal
Tina Randall

- **any kind of fish (I use the fish left over the following night, wrapped tightly to keep fresh)***
- **½ onion, chopped finely**
- **1 green bell pepper, chopped finely**
- **1 to 2 eggs**
- **½ c. bread crumbs**
- **salt, pepper and garlic salt to taste**
- **1 stick butter (this is to be used in the frying pan to fry the fish)**

*Remember that this fish is already cooked.

Flake the fish, taking off the skin and taking out any bones. In a bowl, combine the fish the onion, bell pepper, eggs, bread crumbs and seasonings. Combine all the ingredients and form patties. Heat the frying pan and melt butter. Fry the patties in the melted butter until golden brown. Serve with tartar sauce or a cheese sauce.

SKILLET BURGERS

WNMU-TV
Marquette, MI
Sonya Chrisman

- **1 (8 oz.) can tomato paste**
- **1 lb. ground beef**
- **1 c. chopped onion**
- **1 c. chopped celery**
- **¼ tsp. chili pepper**
- **salt and pepper to taste**

Brown the beef, onions and celery in skillet. Add tomato paste, chili powder, salt and pepper. Cook and serve on buns.

CHIPPER PERCH

Great Lakes Outdoors
Favorite of Rob Trott

- **2 lb. perch fillets (other fish can be substituted)**
- **½ c. Caesar salad dressing**
- **1 c. crushed potato chips**
- **½ c. shredded sharp Cheddar cheese**

Dip fillets in salad dressing. Place fillets in a single layer skin side down on a baking pan, 15 x 10 x 1-inch. Combine crushed potato chips and cheese. Sprinkle over fillets. Bake in an extremely hot oven

(500°) for 10 to 15 minutes or until fillets flake easily when tested with a fork.

CHINESE DUCK

Great Lake Outdoors
Rob Trott

2 large ducks
1 c. apricot preserves
¼ c. melted butter
1 apple
dash of soy sauce
½ c. beer
2 cloves minced garlic
¼ c. dry mustard
salt and pepper
lemon juice

Preheat oven to 400°. Mix the garlic cloves into a paste and liberally add salt and pepper; rub into the ducks. Next, brush the ducks with the melted butter. Put the ducks in a shallow roasting pan, breast up, with half an apple in each cavity. Roast in a 400° oven for 15 minutes. Next, mix the mustard, beer, apricots and a dash of soy sauce and lemon juice to taste. Pour this sauce over the ducks and reduce heat to 350° and roast for 30 minutes. These portions should serve 4.

SUMMER SAUSAGE

Great Lakes Outdoors
Favorite of Rob Trott

5 lb. hamburger (venison works great)
5 rounded tsp. Tender Quick salt (must use!)
2 ½ tsp. garlic salt
1 tsp. smoked salt
2 tsp. mustard seed
2 ½ tsp. coarsely ground pepper
2 tsp. crushed red peppers (optional)

Mix all ingredients together thoroughly. Cover tightly and refrigerate overnight. Take out once each day for 3 days and remix. On the fourth day, form into long rolls, about 2-inches in diameter. Place on broiler pan. Bake 8 hours at 200°. Cool completely before wrapping. Refrigerate or freeze.

FOIL FISH

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

chopped celery, sweet pepper and onions
fresh sliced tomatoes
salmon or lake trout, skinned and boned
salt
pepper
2 tsp. butter and Tabasco sauce

Place celery, sweet pepper and onions with tomatoes on a large piece of heavy-duty aluminum foil sprayed with Pam. Place a single layer of salmon or lake trout filets on top of vegetables. Add salt, pepper, butter and Tabasco sauce. Add another layer of vegetables, another layer of fish with seasoning and another layer of vegetables. Fold the foil tightly to seal in the juices. Steam and cool over medium charcoal fire for 30 minutes. If the fish is flaky and tender and the vegetables aren't overcooked, you've done it just right!

ROAST WILD DUCK OR GOOSE

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

½ c. vinegar
2 Tbsp. salt
2 cloves garlic, minced
cold water to cover
1 pkg. dry onion soup mix

Soak bird overnight in refrigerator in marinade of vinegar, salt and garlic. Remove bird from water and place in roaster. Sprinkle with onion soup mix to season. Add about 1-inch of water to bottom of pan. Cover and roast at about 250° to 325° for 3 to 4 hours or until desired doneness.

PARTRIDGE IN APPLE-RAISIN DRESSING

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

partridge breasts, parboiled until tender
1 pkg. bread cubes
¾ to 1 c. apples, peeled and chopped
½ c. raisins
1 tsp. cinnamon
1 stick oleo, melted
½ tsp. salt
½ c. brown sugar
hot water to moisten
¼ c. oleo

Mix all dressing ingredients together, mixing well. Line a small roaster with foil and spray well with Pam. Place dressing in roaster. Place the partridge breasts on top of the dressing, pushing the meat about halfway into the dressing. Dot the meat with oleo. Cover with foil. Bake for 1 ½ to 2 hours in a 300° oven.

PARTRIDGE OR PHEASANT DUMPLINGS

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

4 to 5 birds
4 cans cream of mushroom soup
1 can cream of celery soup
5 soup cans of water

Parboil birds 20 to 30 minutes. Drain. Strip meat from bones. Put in small roasting pan. Add soups and water. Bake at 350° until it bubbles. Top off with Bisquick dumpling mixture. Bake until golden brown. Serves 4 to 6.

MY OWN SIMPLE JERKY RECIPE

WDCQ-TV/19
WDCP-TV/35

1 ½ to 2 lb. lean boneless meat
¼ c. soy sauce
1 Tbsp. Worcestershire sauce (I prefer it left out)
1 Tbsp. salt
½ tsp. onion powder
¼ tsp. garlic powder
⅛ tsp. pepper
⅛ tsp. marjoram
1 tsp. hickory smoke liquid

Trim and discard all fat, sinew and skim from meat. Cut the meat into ⅛ to ¼-inch thick strips. Make them long strips about 1 ½-inches wide. In a bowl, combine sauces, hickory smoke liquid, salt, pepper, marjoram and powders. Stir until all seasonings are dissolved. Add meat strips, coating them thoroughly. Let stand one hour or cover and refrigerate overnight. Meat will absorb all liquid. Shake off excess liquid from the meat. Arrange meat strips close together, but not touching, directly on oven racks, cake racks or other. Set racks inside shallow pans, cookie sheets or other. Bake at the lowest oven temperature, around 150° to 200°, until browned and feels mostly hard and dry to the touch, about 4 to 7 hours for venison. Remove racks from the oven. With a paper towel, pat off beads of oil. Let cool, then remove meat from racks and store in airtight containers (preferably in the freezer) until needed.

OVEN FRIED TURKEY

WDCQ-TV/19
WDCP-TV/35

wild turkey
¼ c. flour
1 tsp. paprika
¾ tsp. salt
⅛ tsp. pepper
⅛ tsp. poultry seasoning (optional)

For each pound of wild turkey, blend first 4 ingredients in a paper bag. Shake turkey pieces, 2 or 3 at a time, in bag to coat evenly. Brown in at least ½-inch layer of fat in a heavy skillet. Place golden-browned turkey pieces, one layer deep, in a shallow baking pan. For each 2 pounds of wild turkey, spoon a mixture of 2 tablespoons melted butter and 2 tablespoons of broth or milk over the turkey. Continue the cooking in a moderate oven (350°) until the turkey is tender. Test with fork. If fork penetrates easily, turkey is done. Turn once to crisp evenly. During the cooking, broth or milk may be drizzled over the turkey if it appears dry.

VENISON STEAKS WITH MUSHROOMS

WDCQ-TV/19
WDCP-TV/35
Kent Wieland

4 to 8 venison steaks
salt and pepper
3 Tbsp. clarified butter or vegetable oil
1 Tbsp. chopped shallot or 2 Tbsp. chopped scallion
½ lb. fresh mushrooms, sliced
⅓ c. Madeira or dry sherry wine
½ c. heavy cream or low-fat yogurt

Preheat 1 large skillet or 2 medium ones. Season steaks with salt and pepper. Pour butter into skillet and add steaks immediately. Brown on one side and turn over. Cook to desired doneness, same as beef. Transfer to platter; keep warm. Add shallots and mushrooms to skillet. Saute, stirring until mushrooms turn gray. Add wine and continue cooking over high heat until most of juice is evaporated. Add cream and cook down until it becomes a sauce. Pour over steaks. Serves 4.

Serve with sauteed potatoes, simple green vegetable and salad, such as Caesar.

COUNTRY STYLE VENISON

WDCQ-TV/19
WDCP-TV/35

1 ½ lb. venison (¾-inch thick)
1 c. all-purpose flour
salt and pepper
¼ tsp. seasoned salt
4 Tbsp. bacon drippings
2 cloves garlic, minced
1 qt. water
⅓ c. all-purpose flour
1 ½ tsp. Kitchen Bouquet
1 medium onion, thinly sliced
1 bell pepper, thinly sliced
½ lb. fresh mushrooms, sliced
hot cooked rice

Trim all fat and connective tissue from venison. Cut meat into serving size pieces and pound each piece to ¼ to ½-inch thickness. Combine flour, seasoned salt, salt and pepper. Dredge venison in flour mixture. Heat 1 tablespoon bacon fat in large heavy skillet. Add garlic. Saute until golden. Remove garlic and set aside. Add remaining fat to skillet and cook venison until lightly browned on both sides. Remove from skillet and set aside. Mix ½ cup batter and ⅓ cup flour until smooth. Add remaining water and stir flour mixture into skillet with fat. Cook over medium heat, stirring constantly until thickened.

Stir in Kitchen Bouquet, ½ teaspoon salt and ⅛ teaspoon pepper. Return venison and garlic to skillet and cover. Reduce heat and simmer for 30 minutes. Add onion and bell pepper. Cover and simmer for 15 minutes. Add mushrooms and cover. Simmer for 15 minutes. Serve over rice.

WHITEFISH BROIL RECIPE

Barry Stutesman
Michigan Magazine

2 lb. whitefish fillets
½ c. Parmesan cheese, grated
1 Tbsp. margarine, softened
3 Tbsp. reduced calorie mayonnaise
3 Tbsp. green onions, chopped
⅓ tsp. salt
dash of Tabasco

Place fillets in a single layer on a well-oiled baking pan. Combine remaining ingredients. Spread evenly on fillets. Broil fish approximately 10 minutes or until top is lightly browned and fish flakes easily when tested with a fork. Mmmmmmmgood!

PORCUPINE BALLS

Outdoor Journal Productions
Grand Blanc, MI
Denny Serra and Tom O'Boyle

1 lb. ground beef
3 Tbsp. onion, chopped
¼ c. uncooked rice
¼ c. cracker crumbs
⅓ c. milk
1 tsp. salt
⅛ tsp. pepper
2 Tbsp. salad oil
1 can condensed tomato soup
½ c. water
1 (4 oz.) can mushrooms (undrained)

Combine beef, onion, rice, crumbs, milk and seasonings. Shape into 1-inch balls. Fry slowly in hot oil in heavy skillet. Turn to brown evenly. Add soup mixed with water. Cover and simmer about 1 hour. Remove meat to bowl or platter. Stir mushrooms into gravy in pan; heat. Serve in bowl with the meatballs. Yields 4 servings.

MING CHICKEN

Jayne Marsh
Assistant Director, WKAR
East Lansing, MI

1 (3 oz.) can chow mein noodles
1 ½ c. cooked chicken or 1 (7 oz.) can
1 c. sliced celery
¼ c. chopped onions
½ c. salted cashews, chopped in large pieces
2 Tbsp. pimento
1 can cream of mushroom soup
½ c. mayonnaise
¼ c. cold water or milk
¼ c. water chestnuts
crushed potato chips

Combine soup, milk and mayonnaises. Add onion. Layer chicken, celery, cashews, pimento and noodles alternately in a 6 x 10-inch casserole pan. Noodle layer should be on top. Pour soup mixture over all. Sprinkle top with crushed potato chips. Bake 20 to 30 minutes at 350°. Do not overcook. Noodles and celery should remain crisp. Serves 6 to 8.

Great for neighborhood potlucks and a tasty meal to take off the winter chill. This family favorite is simple and easy to make.

HASENPFEFFER

WDCQ-TV/19
WDCP-TV/35
Kent Wieland

2 (2 lb. each) ready to cook wild rabbits or 1 (5 to 6 lb.) domestic rabbit
1 c. water
2 c. dry red wine
½ tsp. thyme leaves
2 c. sliced onions
2 bay leaves
1 Tbsp. pickling spice
½ tsp. coarsely ground pepper
½ tsp. salt
¾ c. all-purpose flour
6 bacon slices
1 tsp. sugar

Day before serving: In a large bowl pour 1 cup water and 2 cups dry red wine over rabbit pieces. Add next 6 ingredients. Cover and refrigerate overnight, turning pieces occasionally.

About 3 hours before serving. In 12-inch skillet over medium heat, fry bacon until crisp. Drain on paper towels; reserve drippings in skillet.

Meanwhile, remove rabbit pieces from wine mixture. Reserve mixture. Pat pieces dry with paper towels. On waxed paper, coat rabbit pieces with flour. Reserve remaining flour for gravy. Over medium heat in hot bacon drippings, cook a few pieces of rabbit at a time. Brown on all sides and remove to platter as they brown. Pour remaining drippings from skillet and return rabbit to skillet. Crumble bacon over rabbit. Strain wine mixture, discarding seasonings. Stir in sugar; pour over rabbit and heat to boiling. Reduce heat to low. Cover and simmer 2 hours or until rabbit is fork-tender. Remove rabbit to warm platter. Stir in remaining flour to make gravy. Stir well and add water as needed. Continue cooking gravy a few minutes, stirring until smooth. Serve over rabbit. Makes 6 servings.

OPOSSUM ROAST

WDCQ-TV/19
WDCP-TV/35

1 opossum
salt and pepper for rub
1 chopped onion
1 Tbsp. fat
1 c. bread crumbs
¼ tsp. Worcestershire sauce
1 hard-boiled egg
water

Rub opossum with salt and pepper. Brown onion in fat. Add opossum liver and cook until tender. Add bread crumbs, Worcestershire sauce, egg, salt and water. Mix thoroughly and stuff opossum. Truss like a fowl. Put in roasting pan with bacon across back and pour 1 quart water into pan. Roast uncovered in moderate oven at 350° until tender (about 2 ½ hours). Baste every 15 minutes. Serve with sweet potatoes.

MOOSE BALLS

WDCQ-TV/19
WDCP-TV/35

1 lb. ground moose meat*
1 egg, lightly beaten
4 Tbsp. cornstarch, divided
1 tsp. salt
¼ tsp. pepper
2 Tbsp. chopped onion
1 Tbsp. cooking oil
3 Tbsp. vinegar
1 (8 oz.) can pineapple chunks
½ c. sugar
1 Tbsp. soy sauce
1 medium green pepper, cut into strips
hot cooked wide egg noodles

In a bowl, combine meat, egg, 1 tablespoon cornstarch, salt, pepper and onion. Shape into 1 ½-inch balls. In a large skillet, brown meatballs in oil. Cover and cook over low heat until the meatballs are done, about 10 minutes. In a saucepan, stir vinegar and remaining cornstarch until smooth. Drain pineapple, reserving juice. Set pineapple aside. Add enough water to juice to equal 1 ½ cups. Stir into vinegar mixture. Add sugar and soy sauce. Cook and stir over medium heat until thickened. Add the meatballs, pineapple and green pepper. Cook until heated through and the green pepper is tender. Serve over noodles. Yield: 3 to 4 servings.

*If moose meat isn't available, ground beef can be substituted.

FILLET-O-SNAKE

WDCQ-TV/19
WDCP-TV/35

This recipe is not as spicy as the Cajun Snake Fry but fixes up a real nice snake meal.

4 (1 ½-inch) snake fillets
5 Tbsp. butter
1 lb. mushrooms, sliced
1 Tbsp. flour
2 Tbsp. onions, minced
½ c. red wine
salt to taste
pepper to taste
pinch of garlic powder

Heat 2 tablespoons butter in a frypan. Sauté fillets 5 minutes on each side. Remove fillets and drain pan. Add 2 tablespoons butter to pan. Sauté mushrooms and onion until tender. Add red wine. Cook over low heat until contents are reduced to half. Mix 1 tablespoon butter and flour together for a paste. Add to your pan. Cook, stirring constantly, for 1 minute. Add salt, pepper and garlic powder to taste. Place snake fillets on a serving platter. Pour sauce over snake. Serve.

This recipe goes well with fresh bread, steamed broccoli or Brussels sprouts.

MARK'S GROUSE SUPREME

WNMU-TV
Marquette, MI
Mark and Vicki Phillips
Contributors to Annual Art Auction

1 grouse, quartered or 4 quail, halved
1 ½ tsp. salt
⅛ tsp. pepper
flour
oil
1 small onion, sliced and ringed
½ c. bias cut celery
½ c. sliced water chestnuts
¼ c. dry white wine
¼ c. water

Dredge meat in flour to which salt and pepper have been added. Cover bottom of skillet with ⅛-inch oil. Preheat to about 375°. Place meat in hot oil until golden brown. Remove to platter. Place onion and celery in fat. Stir-fry about 3 minutes. Reduce heat to 225°. Arrange browned meat over onions and celery. Add water chestnuts, wine and water. Cover and steam until fork-tender, about 30 minutes.

BULGOGI (KOREAN BEEF) MARINADE

WNMU-TV and FM
Marquette, MI
Earl Littich

2 ½ Tbsp. sugar
1 ½ Tbsp. sesame seeds or 8 drops sesame oil
6 cloves crushed garlic
1 kiwi fruit (not the seeded part), squished
⅓ c. soy sauce (La Choy, no substitutes)
⅓ tsp. pepper
2 tsp. honey
½ tsp. salt

For Hot Bulgogi:

1 tsp. red pepper
1 Tbsp. hot bean paste

Cut good quality beef roast into thin (⅛-inch) strips and marinate for 2 to 3 hours. Then grill or stir-fry fast. Do not overcook!

MUSKRAT MEAT LOAF

WDCQ-TV/19
WDCP-TV/35

1 ½ lb. ground muskrat
water
¼ tsp. thyme
1 tsp. salt
2 beaten eggs
1 tsp. Worcestershire sauce
⅓ c. dry crumbs
¼ tsp. pepper
1 c. evaporated milk
¼ minced or grated onion

Soak muskrat overnight in salted water (1 tablespoons salt to 1 quart water). Drain. Remove meat from bones and grind. Mix ground meat thoroughly with other ingredients. Place in meat loaf dish. Place dish in pan containing hot water. Bake in moderate oven (350°) for 1 ¼ to 2 hours. Serves 6 to 8.

MARINADED BEAR

Great Lakes Outdoors TV
Fforest Godsey

(But any large wild game is good in this recipe.)

1 fillet or whole loin bear or your favorite big game (6 to 7 lb.)
2 to 3 Tbsp. vegetable oil

The Marinade:

4 medium onions, chopped
4 carrots, chopped
¾ c. vinegar
2 tsp. salt
4 c. dry white wine (don't use the cheapest wine you can find!)*
2 cloves garlic, minced
salt and pepper to taste
3 bay leaves
1 ½ tsp. tarragon
3 celery ribs with leaves on

*If wine isn't good enough for drinking, it isn't good enough for cooking!

The Sauce:

½ tsp. minced garlic
2 tsp. chopped capers
2 tsp. chopped scallions
1 Tbsp. chopped parsley
½ c. sliced mushrooms
salt and pepper to taste
3 Tbsp. butter
3 Tbsp. flour
1 clove, crushed

Cook all marinade ingredients in a saucepan for 5 minutes. Let cool and pour the marinade over the meat. Place in nonmetallic container (I have a big, very big, plastic bowl with a sealable lid that I use for marinating meats). Refrigerate covered 3 to 4 days, turning the meat over daily. If you have an injector, I also inject some of the marinade into the meat. When ready to cook, remove the meat and wipe dry. Save the marinade. Cut the fillet into ¾-inch pieces or into chops (I prefer chops). Brown the bear (or your favorite big game) in the oil, several pieces or chops at a time.

To prepare the sauce, pound the garlic, capers, scallions, parsley, mushrooms, salt and pepper together. When mixed to a paste, strain two cups of the reserved marinade into it and blend. Now melt the butter in the skillet. Stir in the flour and cook slowly a few minutes to brown lightly. Add the cloves and stir in the marinade sauce. Turn off the heat. Return to the heat and stir until thickened, then add the browned steaks or chops and slowly simmer for 6 to 8 minutes. Serves 8 to 10.

-•EXTRA RECIPES•-

Breads, Rolls, Pies & Pastries

PEPPERONI BREAD

Barry Stutesman
Michigan Magazine

1 lb. loaf frozen bread dough, thawed	1 c. shredded Mozzarella cheese
1 egg, beaten	½ c. grated Parmesan cheese
4 oz. sliced pepperoni sausage	1 ½ tsp. Italian seasoning

Preheat oven to 375° (190° C). Lightly grease a baking sheet. Roll frozen dough out into a rectangle. Brush dough with beaten egg. Arrange pepperoni, Mozzarella cheese and Parmesan cheese over the dough. Sprinkle on the Italian seasoning. Roll up dough like a jelly roll and pinch seam to seal; place seam side down on prepared baking sheet. Bake in preheated oven for 40 minutes or until golden.

This is a real simple recipe the whole family will enjoy making and eating together! It always seems to come out wonderfully...who can resist the delicious taste of pizza? Makes 1 (1 pound) loaf.

MOM'S HOMEMADE BREAD

Diane Bliss
Troy, MI
Vice President of Station Development-WTVS
Auction Confirmation Supervisor

2 c. + ¼ c. warm water	2 tsp. salt
1 (2 oz.) cake yeast	1 Tbsp. vanilla
6 c. flour, sifted	2 sticks margarine, melted
6 eggs	1 (16 oz.) box raisins, soaked in warm water to soften
1 c. + 1 Tbsp. sugar	

Dissolve yeast in water. Add 1 tablespoon sugar to 2 cups warm water. Blend with dissolved yeast and mix well. Add mixture to 3 cups flour; beat until shiny. Cover and let rise 30 minutes until double in size. Once risen, beat in eggs, sugar, salt, vanilla and margarine. Beat until well blended. Slowly beat in remaining 3 cups of flour (you can use up to 5 cups if batter is too loose). Cover and let rise until dough in size; punch down. Add raisins and allow to rise again at least 30 minutes. Preheat oven to 375°. Divide dough into 3 greased loaf pans and allow to rise until full size of loaf. Bake at 375° for 45 minutes. Yield: 3 loaves.

EVELYN VAUGHAN'S CINNAMON BREAD

Michigan Magazine
Dell Vaughan

7 to 7 ½ c. flour
2 pkg. active dry yeast
1 c. milk
1 c. water
½ c. sugar
½ c. shortening
2 tsp. salt
2 eggs

Mix the yeast in ¼ cup lukewarm water and teaspoon sugar. Heat milk. Set aside. Add sugar, salt and shortening. Heat until warm, stirring constantly. Put in large mixing bowl. Add yeast mixture. Add eggs. Beat at low speed with mixer. Add flour slowly and scrape sides of bowl often. Turn out on a lightly floured surface. Knead until elastic, about 5 minutes. Shape into ball and place in greased bowl, turning once to grease surface of ball. Cover. Let rise in a warm place until double, about 1 hour. Punch down. Turn out on lightly floured surface. Divide dough in half. Cover. Let rest 10 minutes. Roll each half into a rectangle. Spread margarine and sprinkle cinnamon-sugar mix over margarine. Roll dough up from narrow end and seal along edges with water. Place sealed edge down in greased bread pan. Cover and let rise in warm place until almost double, 35 to 45 minutes. Bake in 340° to 375° oven 40 to 45 minutes. If crust browns too quickly, cover with foil last 15 minutes. Remove bread from pans and cool on wire rack. Then enjoy!

Cinnamon Spread:

1 c. sugar
3 tsp. cinnamon
1 c. softened margarine

MONKEY BREAD

Equity Studios
Mike Mort

4 cans refrigerated buttermilk biscuits
1 ¾ c. sugar, divided
2 ½ Tbsp. cinnamon, divided
2 Tbsp. water
1 stick margarine

Cut biscuits into quarters. Place ¾ cups sugar and 2 teaspoons cinnamon into a paper or plastic bag. Add biscuit quarters, a few at a time, and shake until well coated. Place in greased Bundt cake pan. Mix together margarine (melted), 1 cup sugar, 1 teaspoon cinnamon and 2 tablespoons water. Pour over biscuit quarters. Bake 35 to 40 minutes at 350°. Serves 8.

CHEESE GARLIC BISCUITS

Michigan Magazine
Dell Vaughan

- **2 c. Bisquick**
- **⅔ c. milk**
- **1 c. grated Cheddar cheese**
- **1 Tbsp. minced garlic**
- **¼ c. melted butter**
- **½ tsp. garlic powder**
- **1 Tbsp. dried parsley flakes**

Preheat oven to 450°. With a wooden spoon, beat together the first 4 ingredients for 30 seconds. Drop by heaping tablespoonfuls on ungreased baking sheet. Bake until golden, about 10 minutes. Mix together the melted butter, garlic powder and parsley flakes. Brush generously over the tops of the biscuits as soon as they are browned from the oven and still on the baking sheet. Serve hot. Makes 12.

DR. WALTER BRAUNOHLER'S OAT BRAN MUFFINS

WGVU/TU
Grand Valley State University
Grand Rapids, MI
Recipe from Karin Orr

- **2 ½ c. apple cider (I've added a little more to make the muffins more moist)**
- **1 c. raisins or currants**
- **1 c. oat bran**
- **1 c. rolled oats**
- **1 c. oat or wheat flour**
- **1 tsp. baking soda**
- **1 tsp. cinnamon**
- **1 tsp. nutmeg**
- **1 c. finely chopped pecans**
- **1 small apple, unpeeled and chopped**

Preheat oven to 350°. Put cider and raisins or currants in a saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Remove from heat and cool. Grease a 5 x 9-inch loaf pan (or 12 muffin cups) with vegetable spray and set aside. Mix together the oat bran, rolled oats, flour, baking soda, cinnamon, nutmeg and pecans. Add cooled cider and fruit. Stir in apple. Spoon into loaf pan or muffin tins. Bake about 35 minutes (I underbake them so I can freeze them, then warm them up in the microwave). Remove from oven and cool in pan 10 minutes. Remove from pan and finish cooling on a wire rack. Wrap and store in refrigerator or freezer. These are good warm or cold. Makes 12.

BETTY TROST'S GERMAN COFFEE CAKE

The Practical Sportsman
Recipe from Fred Trost

- **2 c. flour**
- **½ c. sugar**
- **¼ tsp. nutmeg**
- **¼ tsp. cinnamon**
- **1 tsp. salt**
- **2 eggs (unbeaten)**
- **2 tsp. baking powder**
- **¼ c. Crisco**
- **1 c. milk**

Topping:

¼ c. butter	**½ tsp. cinnamon**
1 c. brown sugar	**⅛ tsp. salt**
4 Tbsp. flour	

Sift dry ingredients. Work in the Crisco with a knife, then add eggs and milk. Stir until smooth. Pour into a greased 8 x 12-inch baking pan.

Blend the topping ingredients with a fork and spread on the batter. Sprinkle with 1 cup nuts, if desired. Bake 30 minutes at 350°.

GRANDMA'S APPLE STRUDEL

CMU PBS TV and FM
Mt. Pleasant, MI
Sharon Periard

2 eggs, beaten	**½ to ¾ c. sugar**
¼ c. cooking oil	**1 stick (½ c.) melted butter**
¼ c. water	**1 c. raisins**
flour	**cinnamon to taste**
8 to 10 medium apples, peeled and sliced	

Mix together eggs, oil and water. Beat, by hand, until well mixed. Start adding flour until you get a dough consistency. Cover with cotton towel and let rest for 5 minutes. Roll out dough on well floured surface as thin as you can stretch and roll it. Cover with melted butter, apples, sugar, raisins and as much cinnamon as you like to cover it. Roll into a jelly roll shape and put it in a buttered 9 x 13 pan. Don't be concerned if it falls apart somewhat when rolling it up, it will still be great. Rub a little melted butter on the top before baking to help it stay moist. Bake uncovered for 40 to 45 minutes at 350°.

STRAWBERRY SHORTCAKE

Great Lakes Ports O'Call
Video Images Inc.

2 c. sifted all-purpose flour	**3 to 5 Tbsp. granulated sugar**
3 tsp. double-acting baking powder	**½ c. shortening**
¾ tsp. salt	**1 egg, beaten**
	approximately ⅓ c. milk

Preheat oven to 450°. Sift flour, baking powder, salt and sugar. Cut shortening into flour mixture until like cornmeal. Add beaten egg, then enough milk to make easily handled dough.

For Large Shortcake: Pat dough into ½-inch thick round to fit greased 9-inch layer pan. Bake 15 to 20 minutes.

Half recipe works fine.

HOMEMADE CROUTONS

WGVU/TU
Grand Valley State University
Grand Rapids, MI
Recipe from Karin Orr

assorted crusts and crumbs (mix all types of stale bread)	**2 Tbsp. butter**
	2 Tbsp. olive oil

In Amounts to Taste:

garlic powder or garlic salt
freshly ground black pepper
minced fresh or dried oregano
basil
tarragon
sage
parsley
rosemary
thyme

Cube all the bread. In a large heavy skillet, melt the butter. Add the oil and heat. Add the cubed bread and sprinkle generously with the herbs. Stir bread cubes until all surfaces are browned (you may have to add more butter and oil). Spoon croutons onto a cookie sheet and place in a 250° oven. Bake 45 to 60 minutes, stirring every 15 minutes, until croutons are very crisp and crunchy. Store in an airtight container. Add to soups and salads.

Note: The other sandwich I made on the show was a stir-fry of vegetables wrapped in a warm flour tortilla. I sauteed the cut-up vegetables I had left over from the other sandwiches in a little peanut oil over high heat, then placed them in the tortillas which I had warmed briefly in the oven.

We also had mini-sandwiches made out of party rye and pumpernickel bread. We spread the bread thinly with mayonnaise, mustard or butter and added sliced radishes, cherry tomatoes or cucumbers, whatever sounded good. Then we buttered the edges of the sandwiches and rolled them in minced fresh parsley for a pretty touch.

TRAINOR'S STUFFING FOR BIRDS

Jo Trainor
Troy, MI
Vice President of Corporate and Legal Affairs-WTVS
Auction Board Producer

giblets, neck and liver of poultry	**3 qt. bread cubes**
water	**1 ¼ tsp. salt**
½ c. butter	**¾ Tbsp. poultry seasoning or equal parts of thyme and sage with a pinch of red pepper**
½ c. onion, chopped	
2 c. celery, chopped	

Cook giblets and neck in large pot of water for 2 hours and 30 minutes. Add liver last half hour. Sauté onions and celery in butter. Add to bread and seasonings. Moisten with broth and stir well. Stuff bird ¾ full (allow for expansion of stuffing). Cook turkey according to package directions. For additional stuffing, bake stuffing in covered casserole 1 hour at 325° to 350°.

EVELYN VAUGHAN'S BREAD STUFFING

Michigan Magazine
Dell Vaughan

3 Tbsp. chopped onions	**¼ tsp. salt**
¼ c. butter or margarine	**¼ tsp. pepper**
4 c. dry bread cubes (about 7 slices of bread, cut in ½-inch cubes)	**½ tsp. poultry seasoning**
	2 to 4 Tbsp. water or chicken broth

Cook onions in butter. Combine with bread and seasonings. Toss with enough liquid to moisten. Makes 3 cups stuffing or enough stuffing for 4 to 5 pound chicken. Double recipe for a 10 pound turkey.

MAPLE SCOTCH PIE

Barry Stutesman
Michigan Magazine

1 ¼ c. maple syrup	**2 egg yolks, well beaten**
2 ¼ c. milk, scalded	**6 Tbsp. butter**
½ tsp. salt	**1 tsp. vanilla**
1 c. sifted cake flour	**¼ c. sugar**
¼ c. sugar	**2 egg whites, stiffly beaten**
1 baked pie shell	

Add syrup to milk. Combine salt, flour and sugar. Add syrup mixture gradually; return to double boiler and cook until thickened, stirring constantly! Pour small amount of mixture over egg yolks, stirring vigorously. Return to double boiler and cook 3 to 4 minutes longer. Add butter and vanilla. Cool. Pour filling into pie shell. Top with meringue made by folding sugar into egg whites. Bake at 350° for 12 to 13 minutes or until delicate brown.

AUNT JENNIE'S CHOCOLATE PIE

Cynthia Willliams
Livonia, MI
Grant Coordinator/Finance-WTVS
Auction Pay Supervisor

½ stick butter	**2 Tbsp. cocoa or a little more to taste**
1 Tbsp. cornstarch	**4 egg yolks**
1 tsp. vanilla	**1 pie shell (store bought or homemade)**
1 ½ c. milk	

Meringue:

4 egg whites
6 Tbsp. sugar

Heat all ingredients on stove, stirring constantly until thickened. It takes a long time but the end result is worth the effort. The mixture will resemble pudding. Pour the mixture into a prepared and browned pie shell. Top with heavy whipped cream or meringue.

To make meringue, beat egg whites and sugar until stiff. Top pie with meringue and brown in a hot oven.

AUNT ALMA'S SWEET POTATO PIE

Doug Cunningham
Detroit, MI
Accounts Receivable Bookkeeper-WTVS
Auction Volunteer Pick-Up

8 to 9 large sweet potatoes, booked in skins until tender
1 lb. butter (not margarine)
8 eggs
4 to 5 c. sugar or more (taste for sweetness)
2 Tbsp. nutmeg
1 small bottle vanilla extract
1 tall can evaporated milk

Preheat oven to 350°. After potatoes are cooled, peel and add melted butter and whip with a mixer. Add everything all at once except evaporated milk. Beat and add milk last. Mixture will seem loose and you will think you don't need milk, but it will thicken while it is baking. If you think you don't need all of the milk, don't use it. Pour into pie shells and bake at 350° for nearly 1 hour until done. They do not have to brown, but they look a little better that way. Yield: 3 pies.

PARTNER PIE

WNMU-TV and FM
Marquette, MI
Scott and Peg Seaman

2 c. crushed vanilla wafers
½ c. melted butter or margarine
⅓ c. peanut butter
1 container Cool Whip, divided
3 c. cold milk
1 c. crushed peanuts, divided
1 (8 oz.) pkg. cream cheese
1 c. powdered sugar
2 pkg. instant chocolate pudding

Mix vanilla wafers, ⅔ cup crushed peanuts and ½ cup melted butter. Pat into 9 x 13 cake pan. Bake at 350° for ten minutes. Cool. Mix cream cheese, peanut butter and powdered sugar until smooth, then fold in 2 cups of the Cool Whip. Spread this over the cooled crust and refrigerate. Mix instant chocolate pudding with cold milk and pour over cream cheese layer. Refrigerate again until set. Spread the remaining 2 cups Cool Whip and ⅓ cup crushed peanuts on top.

Optional: Grate plain chocolate bar over top as garnish.

CHRISMAN'S GRAHAM CRACKER PIE

NMU-TV
Marquette, MI
Sonya Chrisman

The Crust:

9 graham crackers, crushed (1 ¼ c., save some for the top of pie)	**¼ tsp. cinnamon**
¼ c. sugar	**¼ c. butter, melted**
	½ Tbsp. cream

Bake in greased pie pan for eight minutes at 350°.

The Filling:

1 c. sugar	**1 Tbsp. flour**
1 Tbsp. cornstarch	**¼ tsp. salt**
3 beaten egg yolks	**2 c. milk**

Blend dry ingredients; add egg yolks. Gradually add milk and cook until thick. While hot, spread on crust.

The Meringue:

3 stiffly beaten egg whites	**3 Tbsp. powdered sugar**

Beat egg whites until stiff, adding powdered sugar. Spread on top of pie. Sprinkle with remaining crumbs and bake in moderate oven (300° to 350°) for 20 to 30 minutes.

BEST EVER PECAN PIE

The Wilderness Journal
Tina Randall

1 ready made pie crust (we make ours homemade; it makes a nicer pie)	**½ tsp. salt**
2 Tbsp. chopped pecans	**2 Tbsp. butter, melted**
3 eggs	**½ c. dark corn syrup**
1 c. sugar	**½ whipping cream**
	1 tsp. vanilla
	1 ½ c. pecan halves

Preheat your oven to 350° to 375°, depending on your oven. Prepare the crust but stir in the chopped pecans before adding the water to your crust. In a small mixing bowl, beat the eggs, sugar, salt, melted butter, dark corn syrup and whipping cream. Stir in the vanilla and pecans. Pour into a prepared pie crust and bake 40 to 50 minutes or until the filling is set and the pie crust is golden brown. Serve with whipping cream or vanilla ice cream.

-•EXTRA RECIPES•-

Cakes, Cookies & Confections

CAKES, COOKIES & CONFECTIONS

JEWISH APPLE CAKE

WGVU/TV Grand Valley State University
Grand Rapids, MI
Recipe from Karin Orr

4 to 5 medium apples (Royal Gala, Granny Smith, McIntosh)
2 Tbsp. cinnamon
¼ c. sugar
1 c. oil
2 ¼ c. sugar
7 Tbsp. orange juice
1 Tbsp. vanilla
1 Tbsp. rum flavoring
4 eggs
½ tsp. salt
3 c. flour
3 ½ tsp. baking powder

Glaze:

1 to 2 c. powdered sugar
orange juice

Preheat oven to 350°. Peel and slice the apples and place in a large bowl. Combine the cinnamon and sugar; toss with apples. Set aside. In the large bowl of an electric mixer, cream together the oil, sugar, orange juice, vanilla, rum flavoring and eggs. Sift together the salt, flour and baking powder. Add to creamed mixture, beating well. Pour half the batter into a greased and floured Bundt pan. Arrange a layer of apples on top of the batter, each slice slightly overlapping another. Carefully pour the remaining batter over the apples and place another layer of apples on top of the batter. Bake about one hour or until cake tests done (you may have to cover the top with foil during the last minutes of the baking process, so it won't get too brown). Cool slightly in the pan on a rack. Turn cake out of pan onto serving platter and glaze while it is still warm. Let cake cool thoroughly.

To make glaze, thin 1 to 2 cups powdered sugar with orange juice.

HICKORY NUT CAKE

Jayne Marsh
Assistant Director, WKAR
East Lansing, MI

Cake Batter:

1 c. sugar
butter the size of an egg
whites of 2 eggs
⅔ c. sweet milk
2 c. flour
2 tsp. baking powder

Icing:

1 c. chopped hickory nuts
⅔ c. sour cream
pinch of baking soda
1 c. sugar

Mix cake batter ingredients together until smooth. Pour into cake pan and bake in 350° oven until toothpick in center comes out clean. Remove cake from pan when cooled.

Add icing ingredients to saucepan. Bring to a gradual boil, stirring constantly. Once mixture has begun to thicken, remove from heat and cool. Ice cake with cooled icing mixture.

When I was young, we used to "hunt for hickory nuts" just so my aunt could make this luscious cake the recipe for which she received from my grandmother. Enjoy!

FRESH APPLE CAKE

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

2 eggs
2 tsp. vanilla
2 c. sugar
¾ c. cooking oil
5 medium sized apples, peeled and thinly sliced
1 c. chopped walnuts
2 c. flour
1 tsp. baking soda
¼ tsp. salt
2 tsp. cinnamon

Frosting:

2 c. powdered sugar
2 tsp. vanilla
6 oz. cream cheese

Beat the first four ingredients together. Sift dry ingredients together. Add to first four ingredients. Mix well. Fold in apples and nuts. Spread into greased 13 x 9 pan. Bake at 350° for 45 minutes or until done. Cool.

Beat frosting mix together. Spread over top of cake.

PUBLIC TV'S POPPY SEED CAKE

WNMU-TV and FM
Marquette, MI
Scott and Peg Seaman

3 c. all-purpose flour
2 c. sugar
1 ½ tsp. baking soda
½ tsp. salt
1 tsp. vanilla
1 ½ c. salad oil
4 eggs
1 (14 oz.) can evaporated milk

Mix the ingredients until smooth, approximately two minutes. Add 1 can (12 to 14 ounces) poppy seed filling and beat well on medium speed for additional two minutes. Pour into angel food tube pan and bake for 1 hour and ten minutes at 350°. Cool before removing from pan.

FRIENDRAISER CAKE

WNMU-TV and FM
Marquette, MI
Scott and Peg Seaman

1 pkg. yellow cake mix
1 (16 oz.) can fruit cocktail
2 ½ c. coconut, divided
2 eggs
½ c. brown sugar
½ c. butter
½ c. sugar
½ c. evaporated milk

Blend dry cake mix, fruit cocktail with juice, 1 cup coconut and eggs. Pour into prepared cake pan and sprinkle with brown sugar. Bake at 325° for 45 minutes.

Topping: Bring butter, sugar and milk to boil; boil for 2 minutes. Remove from heat and stir in remaining 1 ½ cups coconut. Pour or spoon over hot cake.

RHUBARB CUSTARD CAKE

Equity Studios
Mike Mort

1 box yellow cake mix
4 c. diced rhubarb
1 c. sugar
1 c. whipping cream

Prepare cake mix according to manufacturer's directions. Pour into a 9 x 13 x 2-inch baking dish. Place rhubarb evenly over cake mix and sprinkle with sugar. Pour cream over all. Bake in preheated 350° for 45 to 50 minutes or until a toothpick placed in the center of the pan comes out clean.

EMU CAKE

CMU PBS TV and FM
Mt. Pleasant, MI
Freida Augustin

(This really is delicious!!!)

1 lb. ground emu
½ tsp. salt
3 c. brown sugar
2 c. flour
1 tsp. cinnamon
½ tsp. ground cloves
2 c. raisins
1 c. hot coffee
½ c. chopped nuts (optional)
1 tsp. baking soda

Mix together emu and brown sugar. Add and mix well flour, cinnamon and cloves. Mix and add raisins, hot coffee, nuts (optional) and baking soda. Bake in a greased 9 x 13 pan at 350° for 35 to 40 minutes.

Very good with cream cheese frosting.

PUMPKIN CAKE WITH CREAM CHEESE ICING

Jeri Ann Johnson
Clinton Township, MI
Marketing Secretary-WTVS

2 c. all-purpose flour
2 tsp. baking soda
1 Tbsp. cinnamon
¾ tsp. cloves
4 eggs
1 c. vegetable oil
1 tsp. vanilla
½ tsp. salt
½ tsp. ginger
¼ tsp. nutmeg
2 c. white sugar
1 (16 oz.) can pumpkin

Preheat oven to 350°. Sift together dry ingredients. Beat eggs separately until light and fluffy. Add dry ingredients to oil, pumpkin and vanilla. Beat well at medium speed. Pour into greased and floured Bundt pan. Bake at 350° for 55 to 60 minutes. Remove cake from oven and cool completely in pan or a cooling rack.

Cream Cheese Icing:

3 oz. cream cheese
¼ c. butter
1 tsp. vanilla
2 to 2 ½ c. confectioners sugar

Soften cream cheese at room temperature and beat together with butter. Add vanilla and a little of the confectioners sugar until blended.

This mixture turns out very thick so you can use a little milk to thin it. Pour or spread over cooled cake.

BLUEBERRY PICNIC CAKE

WNMU-TV and FM
Marquette, MI
Jean Olson

3 c. unsifted flour
2 c. sugar
1 c. butter
1 lemon rind, grated
½ tsp. allspice
1 Tbsp. baking powder
1 tsp. salt
3 egg yolks
1 ½ c. milk
3 egg whites
2 c. fresh blueberries, rinsed and drained

Mix flour with sugar. Cut in butter until particles are size of small peas. Remove 1 cup of mix for top. Add to remainder grated lemon rind, allspice, baking powder and salt. In another bowl, beat egg yolks with milk. Add to flour mixture. Beat until smooth. Beat egg whites stiff, not dry. Fold into mixture. Pour into greased and floured 13 x 9 x 2-inch pan. Sprinkle fresh blueberries, rinsed and drained, over the top. Cover evenly with the reserved 1 cup crumb mixture. Bake at 350° for 40 to 50 minutes or until golden brown. Serve warm or cold.

RAISIN NUT COOKIES

Jayne Marsh
Assistant Director, WKAR
East Lansing, MI

1 c. raisins
1 c. water
1 c. soft shortening
1 c. sugar
2 eggs
1 tsp. vanilla
2 c. sifted flour
¾ tsp. baking soda
1 tsp. salt
½ c. nuts
1 ½ c. quick oats

Cook raisins and water together until just 5 tablespoons of liquid remain. Drain and reserve liquid. Mix shortening, sugar and eggs thoroughly. Stir in cooked raisins, liquid and vanilla. Sift in oats and raisins. Mix well. Drop by teaspoonfuls on lightly greased cookie sheet. Bake at 350° for 10 to 12 minutes.

Nothing's simpler or better than an oatmeal cookie. This one is a family favorite that has become a family tradition.

HONEY OATMEAL CHEWIES

Barry Stutesman
Michigan Magazine

1 ¼ c. butter flavored shortening
1 c. white sugar
⅔ c. packed brown sugar
¼ c. honey
1 egg
¼ c. milk
1 tsp. vanilla extract
2 ½ c. all-purpose flour
1 tsp. baking soda
½ tsp. salt
1 c. quick cooking oats
1 c. flaked coconut
1 c. dates, pitted and chopped
1 c. chopped pecans

Preheat oven to 350° (175°C). In a medium bowl, cream together the shortening, white sugar, brown sugar and honey until light and fluffy. Stir in the milk and vanilla. Sift together the flour, baking soda and salt. Stir into the creamed ingredients the oats, coconut, dates and pecans. Drop dough by rounded teaspoonfuls onto unprepared cookie sheets. Bake for 11 to 12 minutes for soft cookies, 13 to 14 minutes for crispy cookies. Remove cookies form baking sheets to cool on wire racks.

This is a wonderfully chewy oatmeal cookie. For a change of pace, you can substitute raisins for the dates or walnuts for the pecans! Makes 6 dozen.

FESTIVE GINGERBREAD COOKIES

Michigan Magazine
Dell Vaughan

- ¾ c. firmly packed Domino dark or light brown sugar
- ½ c. butter or margarine, softened
- 2 eggs
- ¼ c. molasses
- 3 ¼ c. flour
- 2 tsp. ginger
- 1 ½ tsp. baking soda
- ½ tsp. allspice
- ½ tsp. cinnamon
- ½ tsp. nutmeg
- ½ tsp. salt

In a large bowl, beat sugar and butter until well blended. Add eggs and molasses. Stir in remaining ingredients. Cover and chill 1 hour. Roll dough on well floured board until ⅛-inch thick. Cut into shapes. Place on greased baking sheet. Bake 10 minutes in 350° oven. Cool on rack. Decorate with sugar icing, as desired. Makes 24 (5-inch) cookies.

GRANDMA'S SOFT SUGAR COOKIES

Great Lakes Outdoor
Susie Sherrill

- 1 c. shortening or butter
- 2 c. white sugar
- 3 eggs
- ¼ c. milk
- 1 tsp. baking powder
- ¼ tsp. soda
- ½ tsp. salt
- 1 ½ tsp. vanilla
- 4 c. flour

Preheat oven to 400°. Cream shortening, sugar and eggs in large bowl. Add milk and mix. In order given, add remainder of ingredients. Drop by rounded teaspoonful on greased cookie sheet. Bake 8 minutes. Can add sugar and a raisin or two to top of cookie as soon as you remove from oven.

This was the first thing I ever learned to make in the kitchen, thanks to my very special Grandmother, Marie Ex.

PEANUT BUTTER COOKIES

Great Lakes Outdoors
Susie Sherrill

- 1 c. shortening or butter
- 1 c. packed brown sugar
- 1 c. white sugar
- 2 eggs
- 1 c. peanut butter
- 1 tsp. vanilla
- 2 ½ c. flour
- 2 tsp. baking soda
- ¼ tsp. salt

Preheat oven to 325°. Cream shortening and sugars. Add unbeaten eggs, one at a time, and mix. Blend in other ingredients in order given. Drop by teaspoonful onto cookie sheet. Press with fork dipped in sugar. Bake at 325° for 12 minutes.

DIABETIC SPICE COOKIES

Michigan Magazine
Dell Vaughan

- **1 ¼ c. water**
- **⅓ c. shortening**
- **2 c. raisins**
- **½ tsp. nutmeg**
- **½ tsp. cinnamon**
- **1 tsp. soda**
- **1 tsp. salt**
- **1 tsp. vanilla**
- **2 eggs**
- **2 tsp. Sucaryl**
- **2 Tbsp. water**
- **2 c. flour**
- **1 tsp. baking powder**

Boil water, shortening, raisins, nutmeg, cinnamon and baking powder for 3 minutes. Cool.

Meanwhile, mix 2 teaspoons water, Sucaryl, salt and soda. Add eggs, flour and vanilla. Mix with cool liquid. Drop by spoonful onto cookie sheet. Bake in 350° oven until brown.

MICHIGAN SHORTBREAD FOR MY BROTHER MICHAEL

WGVU/TU
Grand Valley State University
Grand Rapids, MI
Recipe from Karen Orr

- **2 c. (4 sticks) butter or margarine**
- **1 c. light brown sugar, firmly packed**
- **½ c. toasted pecans, finely chopped**
- **½ c. Michigan dried cherries, minced**
- **½ tsp. salt**
- **3 ½ c. flour**

Cream butter and sugar. Stir in pecans and cherries, mixing well. Add flour and salt, kneading in as much flour as needed for a stiff dough. Chill at least one hour. If you wish, you can shape the dough into a log and chill or freeze, then cut off ¼ to ½-inch thick slices. Or, chilled dough can be rolled or patted out on a lightly floured surface and cut into fancy shapes (hearts would be appropriate). Bake at 300° for 20 to 25 minutes. Cookies should be crisp, not chewy, and they should not be brown. Makes about 48.

GRANDMA'S SOUR CREAM COOKIES

Great Lakes Ports O'Call
Video Images Inc.

- **½ c. oleo**
- **1 ½ c. brown sugar**
- **2 eggs**
- **1 tsp. vanilla**
- **2 ½ c. flour**
- **½ tsp. salt**
- **1 tsp. baking soda**
- **½ tsp. baking powder**
- **1 c. thick sour cream**
- **⅔ c. chopped nuts**

Cream oleo and brown sugar. Add eggs and vanilla. Sift together remaining dry ingredients and add alternately with sour cream. Fold in nuts. Drop by teaspoonfuls on greased baking sheet. Bake at 375° for 10 to 12 minutes. Ice, if desired.

OATMEAL RAISIN COOKIES

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

1 c. sugar
½ c. butter, softened
⅓ c. honey
2 eggs
1 ¼ c. flour
1 tsp. baking soda
1 tsp. salt
2 c. rolled oats
1 c. raisins

Preheat oven to 350°. Grease cookie sheets. Mix sugar, butter and honey in large bowl until it is creamy and smooth. Add eggs and beat well. Stir in flour, baking soda and salt. Mix well. Add oats and raisins. Drop tablespoonfuls of the dough on the cookie sheet. Flatten with your fingertip. Bake for 8 to 10 minutes

I've never been a good baker, but I do know how to make these cookies. What I really enjoy doing is substituting the California raisins with Michigan dried cherries. Careful not to eat these until they cool off!

PHIL'S ENGLISH BUTTER TOFFEE

Phil Hejmanek
Rochester Hills, MI
Vice President of Engineering-WTVS

1 c. sugar
1 c. unsalted butter (2 sticks)
¼ c. water
½ tsp. salt
1 tsp. vanilla extract
4 oz. milk chocolate
4 oz. German sweet chocolate
¼ c. finely chopped pecans or walnuts

You will also need a candy thermometer.

Butter a 10 x 15-inch cookie sheet. Combine sugar, water, butter and salt in heavy saucepan. Place over medium-high heat and bring to a boil, stirring until the sugar is dissolved. Continue to boil, stirring occasionally. Don't let the heat get too high, or it is possible to burn the mixture. Boil mixture until it reaches 305° (the hard-cracking stage). It usually takes about 20 minutes. Remove from heat and stir in the vanilla. Pour mixture onto cookie sheet in a 10 x 10-inch square. Let stand until cooled and hardened. Melt 2 ounces of each of the two chocolates in a small saucepan over very low heat. Once melted, spread on the top side of toffee and sprinkle with half of the nuts. Refrigerate for 30 minutes. Using a spatula, carefully turn toffee over and repeat the last process with the remaining chocolate and nuts. Return toffee to the refrigerator and once chilled, break into pieces. Store in an airtight container in a cool dry place.

WELL TRAVELED PEANUT BUTTER COOKIES

The Wilderness Journal
Erin Randall

- **1 c. shortening**
- **1 tsp. vanilla**
- **1 c. sugar**
- **1 c. brown sugar**
- **2 beaten eggs**
- **1 c. peanut butter (crunchy is also nice)**
- **3 c. flour**
- **⅛ tsp. salt**
- **2 tsp. baking powder**
- **sugar to roll the cookies in before baking**

Preheat oven to 350° and grease cookie sheets. In bowl, cream shortening, vanilla and sugar. Add the eggs and beat well. Stir in the peanut butter. Stir in the flour, baking soda and salt; combine thoroughly. Form small ball with your hands and roll in a bowl of sugar. Place on the greased cookie sheet and press the cookies down with the back of a fork. Bake for about 8 to 10 minutes or until brown and firm.

–•EXTRA RECIPES•–

Desserts

DESSERTS

GINGER'S BLUEBERRY COBBLER

Independent Producer
Recipe by Mark Howell

3 c. blueberries or blackberries
1 ¼ c. flour
1 c. sugar
¼ tsp. salt
2 ½ tsp. baking powder
1 c. milk
2 Tbsp. butter
½ tsp. grated lemon rind
½ tsp. cinnamon

Preheat oven to 350°. Combine flour, sugar, salt and baking powder and sift together in mixing bowl. Slowly stir in milk and beat well. Melt the butter in a 2-quart baking dish and pour into batter. Add the berries and sprinkle with lemon rind and cinnamon. Bake for 30 to 35 minutes.

The batter will rise to the top and form a golden brown crust.

PISTACHIO ICE CREAM TREAT

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

50 Ritz crackers, finely crushed
1 stick margarine, melted
1 qt. vanilla ice cream
1 ½ c. milk
2 small pkg. pistachio pudding
½ container whipped cream
1 Heath candy bar, crushed

Mix and press crackers and margarine into a 9 x 13-inch pan. Mix ice cream, milk and pudding. Pour into pan. Top with whipped cream and crushed candy bar. Place in freezer for approximately one hour. Cut and serve in squares. (May keep in refrigerator later.) Serves 12 to 18.

SIMPLY WONDERFUL PUMPKIN DESSERT

WFUM/TV and WFUM (FM)
University of Michigan
Flint, MI

1 (16 oz.) can pumpkin pie mix
1 box yellow cake mix
2 sticks margarine
walnuts or pecans

Follow recipe for 2 pies on pumpkin pie mix can. Spread in buttered 8 x 10-inch pan. Sprinkle with yellow cake mix. Melt margarine. Drizzle over cake mix. Sprinkle with walnuts or pecans. Bake at 350° for one hour.

APPLE PUDDING

Equity Studios
Mike Mort

- 1 c. sifted all-purpose flour
- 1 c. granulated sugar
- 1 tsp. salt
- 1 large egg
- 2 c. finely diced apples
- 1 Tbsp. melted butter
- 1 tsp. baking powder
- ½ c. milk
- 1 tsp. nutmeg
- 2 tsp. cinnamon

Blend beaten egg, melted butter, milk, flour and baking powder. Set aside. Mix apples and sugar. Place in 9 x 13-inch baking dish. Dot with butter and sprinkle with cinnamon. Cover with flour mixture. Bake in preheated 350° oven approximately 30 to 40 minutes. Serve warm.

Good with mixture of milk and nutmeg poured over the top of warm pudding or with ice cream or Cool Whip. Serves 8.

SCANDINAVIAN PEACH PUDDING

Equity Studios
Mike Mort

- 1 (1 lb. 13 oz.) can sliced cling peaches
- 1 c. flour
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 c. granulated sugar
- 1 large egg
- ⅓ c. lightly packed brown sugar
- ½ c. coarsely chopped walnuts or pecans

Drain peaches thoroughly. Sift flour, baking soda, salt and sugar together. Beat egg until thick and ivory colored. Add the egg to the dry ingredients. Add the peaches. Stir just enough to moisten dry ingredients. Add some of the peach juice if mixture is too dry. Turn into a Pam sprayed 12 x 8 x 2-inch glass baking dish. Mix the brown sugar and nuts together. Sprinkle evenly over the top of the batter. Bake for 1 hour and 20 minutes at 275°.

Cut into squares and serve warm with Cool Whip or ice cream.

MARINANNE'S DESSERT

The Practical Sportsman
Recipe from Fred Trost

Crust:

- 1 stick margarine
- 1 c. flour
- ½ c. nuts

Mix until crumbly and press into greased cake pan. Bake at 350° for 15 to 20 minutes, then set aside to cool.

Bottom Layer:

1 c. powdered sugar	**1 (8 oz.) cream cheese**
1 c. Dream Whip or Cool Whip	

Beat together and spread on crust.

Middle Layer:

2 pkg. instant pudding	**3 c. milk**

Mix and pour over bottom layer.

Top Layer:

1 large container Cool Whip

Sprinkle with chopped nuts.

JAN OOSTERHOUSE'S MISSISSIPPI MUD BROWNIES

WGVU/TV
Grand Valley State University
Grand Rapids, MI
Recipe from Karin Orr

Brownies:

4 eggs	**1 ½ c. flour**
½ c. (1 stick) butter or margarine, softened	**⅓ c. cocoa**
½ c. oil	**1 tsp. vanilla**
2 c. sugar	**1 c. walnut halves (unchopped)**
	miniature marshmallows

Icing:

1 lb. (3 ¾ c.) powdered sugar	**1 tsp. vanilla**
⅓ c. milk	**⅓ c. unsweetened cocoa powder**
½ c. (1 stick) butter or margarine, softened	**1 c. walnut halves (unchopped)**

Preheat oven to 350°. Grease and flour a 9 x 13-inch pan. In a large bowl, mix together the eggs, butter or margarine, oil, sugar, flour, cocoa, vanilla and walnuts. Pour into prepared pan and cover immediately with a single rather sparse layer of marshmallows (don't use too many or the brownies won't bake correctly). Lightly press marshmallows into batter and bake 35 to 40 minutes. Remove from oven and immediately cover with icing (brownies have to be hot enough to melt the butter in the icing). Cool and cut.

For icing, mix together powdered sugar, milk, butter or margarine, vanilla and cocoa until creamy. Stir in nuts. Makes 16 to 24.

SWEDISH BROWNIES

WNMU-TV and FM
Marquette, MI
Jean Olson

1 c. butter or oleo (½ each)
2 c. sugar
2 tsp. almond extract
4 eggs, beaten separately
2 c. flour
¼ tsp. salt

Cream butter and sugar. Add almond extract, eggs, flour and salt. Pour into a greased cookie sheet, 15 ½ x 10 ½. Sprinkle with sugar. Add slivered or chopped almonds. Bake at 325° for 25 minutes.

CANDY BAR BROWNIES

Michelle Gaisser
Rochester Hills, MI
Executive Assistant-WTVS
Auction Cookbook Editor and Layout

4 large eggs, slightly beaten
2 c. sugar
¾ c. butter, melted
2 tsp. vanilla
1 ½ c. flour
½ tsp. baking powder
¼ tsp. salt
¾ c. cocoa
4 Snickers candy bars, chopped
3 Hershey bars, broken into small pieces

Preheat oven to 350°. In a large bowl, combine eggs, sugar, butter and vanilla. In separate bowl, combine flour, baking powder, salt and cocoa. Stir into sugar mixture. Fold in chopped Snickers bars. Spoon into a 9 x 13 x 2 greased and floured pan. Sprinkle with Hershey bar pieces and bake at 350° for 30 to 35 minutes. Cool and cut into squares.

HELLO DOLLIES

Karyn Hertel
Grosse Pointe Park, MI
Account Executive/Marketing-WTVS

½ c. butter, melted
1 ½ c. graham cracker crumbs
1 c. chopped nuts (any kind)
1 c. (6 oz.) semi-sweet chocolate chips
1 ⅓ c. flaked coconut
1 can sweetened condensed milk

Preheat oven to 350°. Pour melted butter in bottom of 9 x 13 pan. Add rest of ingredients, one layer at a time; crumbs over butter, nuts over crumbs, chocolate over nuts and coconut over chocolate. Pour milk evenly over all. Bake at 350° for 25 minutes. Allow 15 minutes to cool and cut into bars. Yield: 2 dozen.

ICE CREAM BALLS

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

- 1 c. brown sugar
- ½ c. chopped nuts
- 2 ½ c. Post Toasties (any cornflakes)
- ½ c. butter
- ½ c. shredded coconut

Melt the butter. Blend in the sugar and add remaining ingredients. Mix well. Pat mixture on round balls of ice cream. Freeze until use. Can be served with a hot fudge topping.

Very rich, but sooo good!

RICE PUDDING

Forgotten Films
Marquette, MI
William Jamerson,
Independent Producer

- 1 c. water
- ½ c. short grain white rice
- ½ tsp. salt
- 2 c. milk
- ½ c. golden raisins
- 1 c. heavy cream
- 2 tsp. vanilla
- ½ c. plus 2 Tbsp. sugar
- 2 eggs
- ¼ tsp. cinnamon

Preheat oven to 350°. Butter 8-inch square baking dish. Bring water to boil in saucepan. Add rice and salt. Cover and cook for 10 minutes. Add milk and raisins. Cover and cook over low heat for 10 to 15 minutes more. In small bowl, blend cream, vanilla, sugar and eggs. Add to rice. Pour into baking dish. Sprinkle with cinnamon. Place in a slightly larger dish. Add 1-inch of boiling water to larger dish and place in oven. Bake 30 to 45 minutes.

My mother made the best rice pudding. When I get tired of my spicy Mexican foods, this is a nice break. It's very English, very boring and very good.

LEMON BARS

Mary Jane Wilson
Program Coordinator, WKAR
East Lansing, MI

- 1 c. butter or margarine
- 2 c. flour
- ½ c. powdered sugar
- ½ tsp. salt
- 4 eggs
- 6 Tbsp. flour
- 6 Tbsp. lemon juice
- 2 c. sugar
- 1 grated rind of lemon
- powdered sugar to sprinkle on top

Blend first four ingredients and press into a 13 x 9 pan. Bake at 350° until golden brown. Combine eggs, flour, sugar, lemon juice and rind. Beat. Pour over warm pastry. Bake at 350° for 25 minutes. Cool. Sprinkle with powdered sugar.

There are many lemon bar recipes around, but I think that this is the best.

-•EXTRA RECIPES•-

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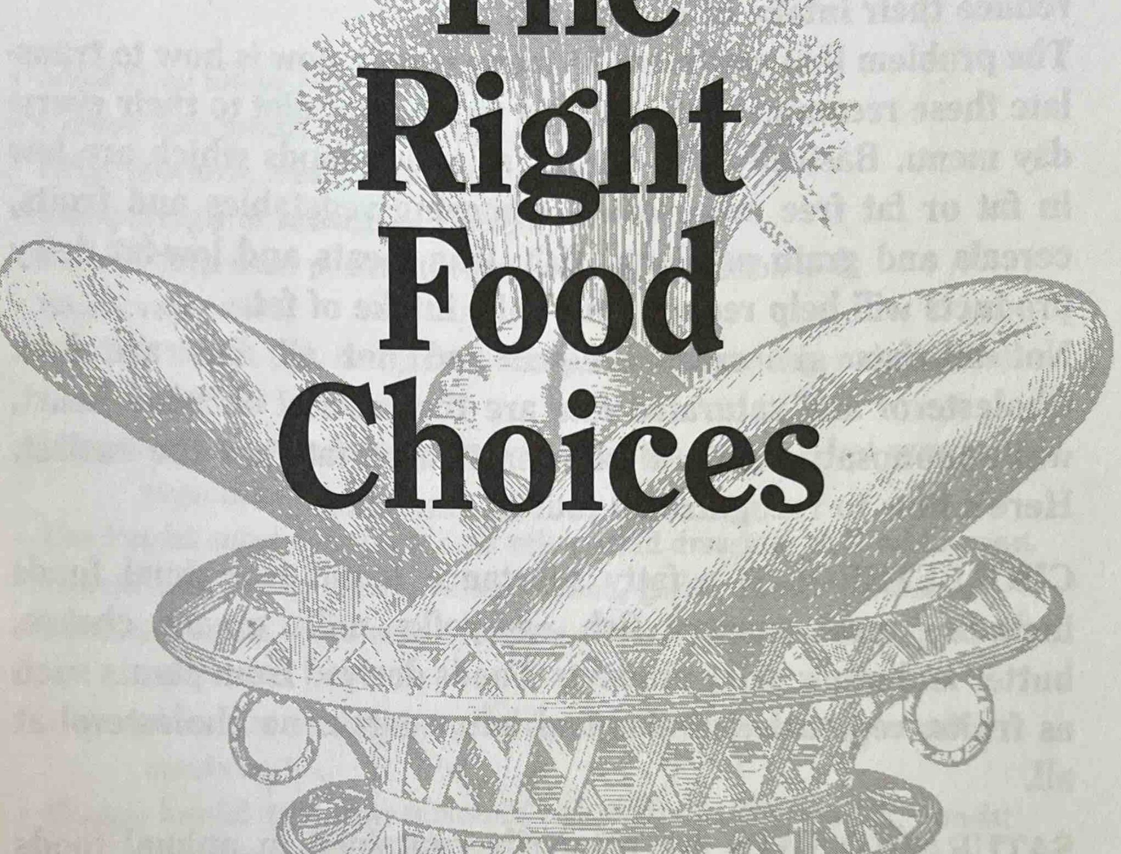
Making The Right Food Choices

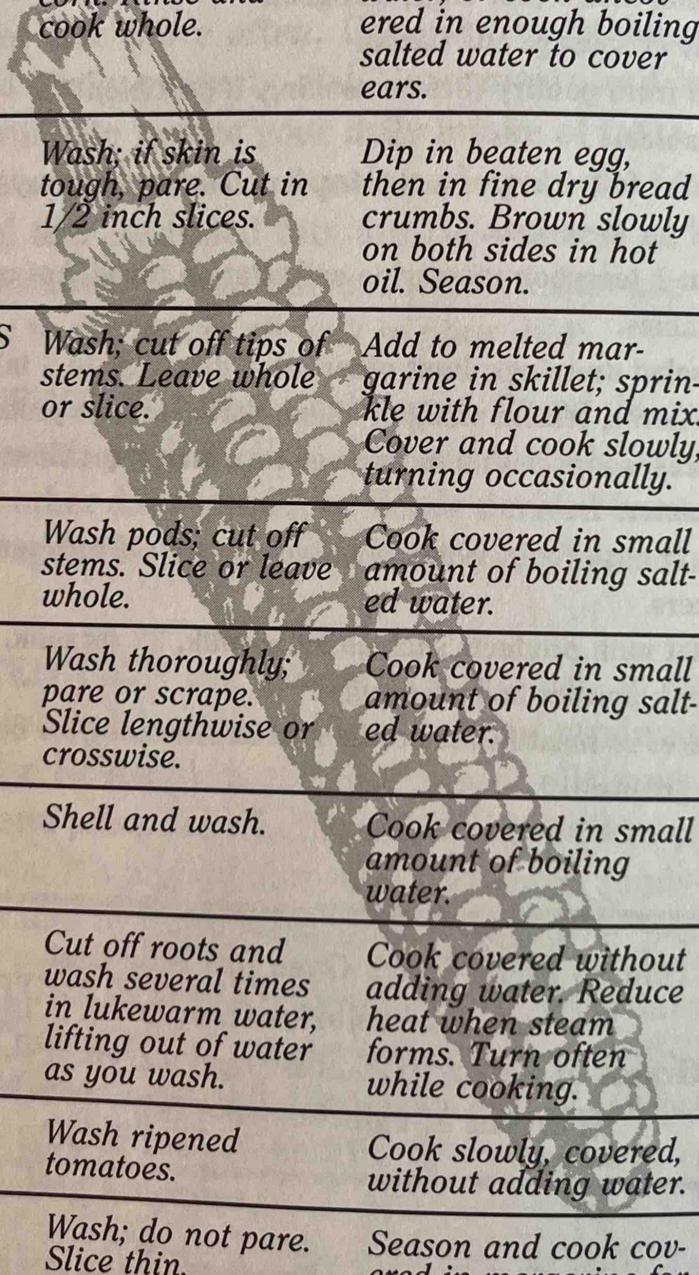


A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

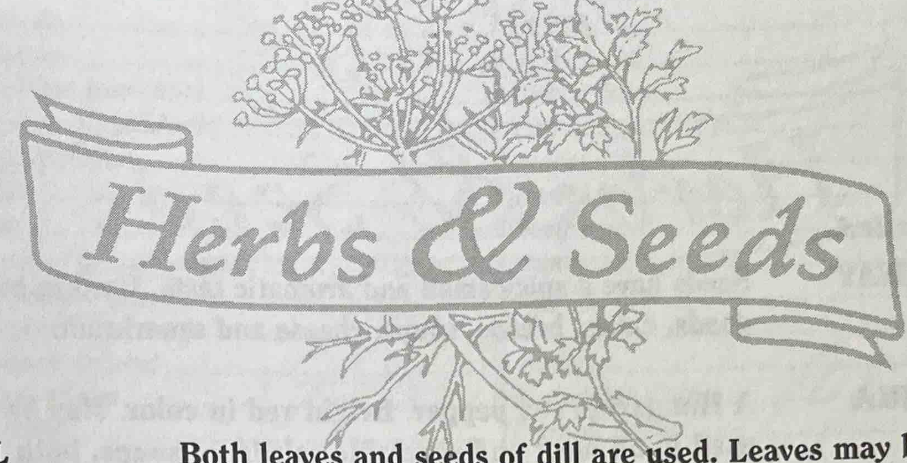
Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

TABLE FOR COOKING VEGETABLES



Vegetable	*Ways To Prepare*	*Cooking*	*Time*
CELERY	*Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.*	*Cook covered in small amount of boiling water or in consommé.*	*10-15 mins.*
CORN	*Remove husks and silks from fresh corn. Rinse and cook whole.*	*Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.*	*6-8 mins.*
EGGPLANT	*Wash; if skin is tough, pare. Cut in 1/2 inch slices.*	*Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.*	*Approx. 4 mins.*
MUSHROOMS	*Wash; cut off tips of stems. Leave whole or slice.*	*Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.*	*8-10 mins.*
OKRA	*Wash pods; cut off stems. Slice or leave whole.*	*Cook covered in small amount of boiling salted water.*	*8-15 mins.*
PARSNIPS	*Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.*	*Cook covered in small amount of boiling salted water.*	*15-20 mins.*
PEAS, Green	*Shell and wash.*	*Cook covered in small amount of boiling water.*	*8-15 mins.*
SPINACH	*Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.*	*Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.*	*3-5 mins.*
TOMATOES	*Wash ripened tomatoes.*	*Cook slowly, covered, without adding water.*	*10-15 mins.*
ZUCCHINI	*Wash; do not pare. Slice thin.*	*Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.*	*10 mins. Total*

A “*QUICK*” Summary Of



DILL	Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.
FENNEL	Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.
MARJORAM	May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.
TARRAGON	Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.
CURRY POWDER	A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.
CHIVES	Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.
SAGE	Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued

Herbs & Seeds

continued...

CARAWAY	Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.
PAPRIKA	A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.
BASIL	Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.
OREGANO	Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.
BAY LEAF	A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.
GINGER	An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.
CHERVIL	Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.
SHALLOTS	Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.
VINEGAR	Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.

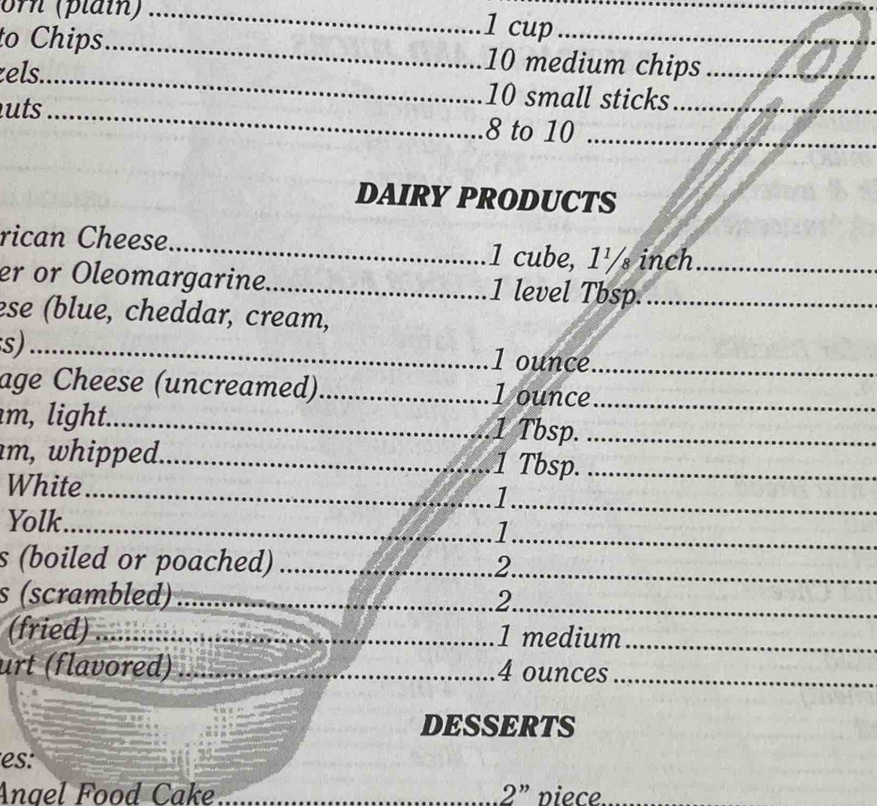
CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds		
Cashews	*12 to 15*	*93*
Chocolate Bar (nut)	*6 to 8*	*88*
Coconut (Shredded)	*2 ounce bar*	*340*
English Toffee	*1 cup*	*344*
Fudge	*1 piece*	*25*
Mints	*1 ounce*	*115*
Peanuts (salted)	*5 very small*	*50*
Peanuts (roasted)	*1 ounce*	*190*
Pecans	*1 cup*	*800*
Popcorn (plain)	*6*	*104*
Potato Chips	*1 cup*	*54*
Pretzels	*10 medium chips*	*115*
Walnuts	*10 small sticks*	*35*
	8 to 10	*100*

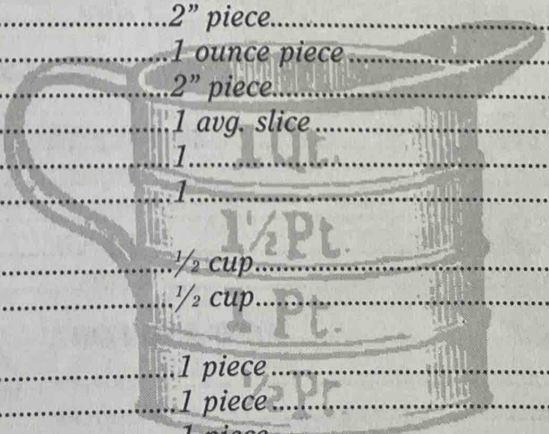
DAIRY PRODUCTS

American Cheese	*1 cube, 1⅛ inch*	*100*
Butter or Oleomargarine	*1 level Tbsp.*	*100*
Cheese (blue, cheddar, cream, Swiss)	*1 ounce*	*105*
Cottage Cheese (uncreamed)	*1 ounce*	*25*
Cream, light	*1 Tbsp.*	*30*
Cream, whipped	*1 Tbsp.*	*25*
Egg White	*1*	*15*
Egg Yolk	*1*	*61*
Eggs (boiled or poached)	*2*	*160*
Eggs (scrambled)	*2*	*220*
Egg (fried)	*1 medium*	*110*
Yogurt (flavored)	*4 ounces*	*60*



DESSERTS

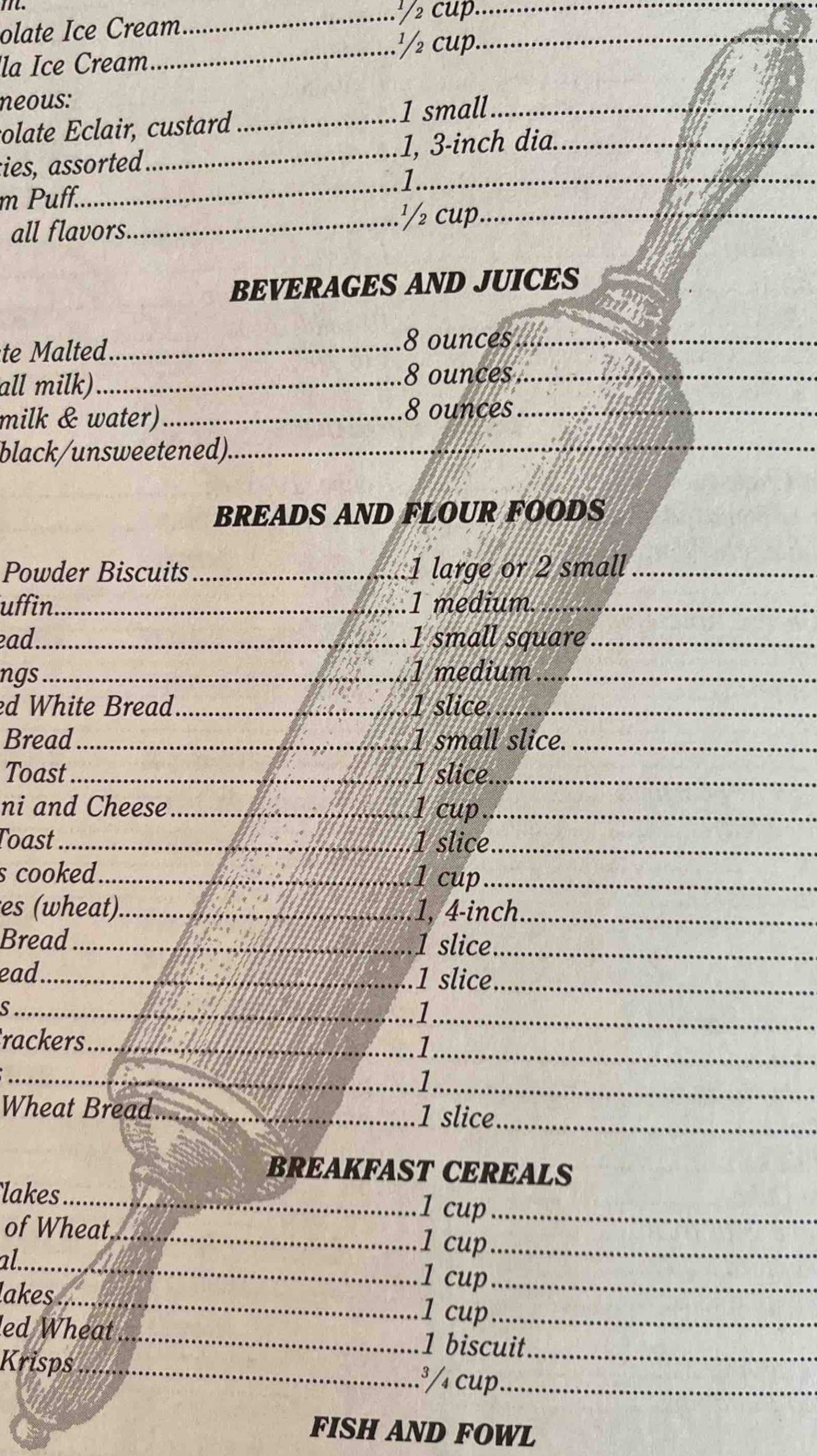
Cakes:		
Angel Food Cake	*2" piece*	*110*
Cheesecake	*2" piece*	*200*
Chocolate Cake, iced	*2" piece*	*445*
Fruit Cake	*2" piece*	*115*
Pound Cake	*1 ounce piece*	*140*
Sponge Cake	*2" piece*	*120*
Shortcake with fruit	*1 avg. slice*	*300*
Cupcake, iced	*1*	*185*
Cupcake, plain	*1*	*145*
Pudding:		
Bread Pudding	*½ cup*	*150*
Flavored Puddings	*½ cup*	*140*
Pies:		
Apple	*1 piece*	*331*
Blueberry	*1 piece*	*290*
Cherry	*1 piece*	*355*
Custard	*1 piece*	*280*
Lemon Meringue	*1 piece*	*305*
Peach	*1 piece*	*280*



CALORIE COUNTER

DESSERTS (Cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78



BEVERAGES AND JUICES

Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsweetened)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 small	129
Bran Muffin	1 medium	106
Cornbread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice.	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

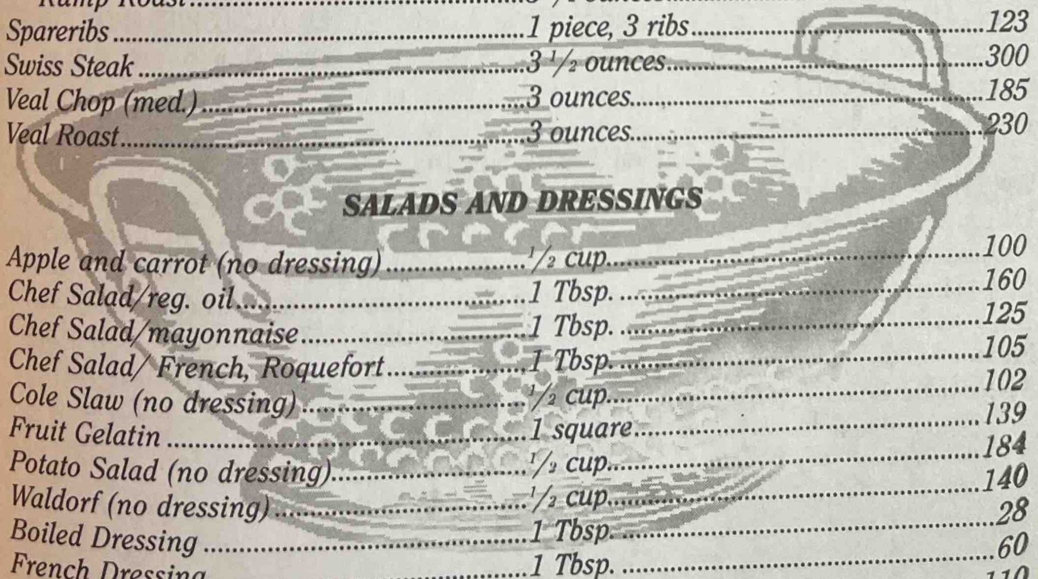
CALORIE COUNTER

FRUITS

Apple (raw)	*1 small*	*70*
Banana	*1 medium*	*85*
Blueberries (frozen/unsweetened)	*½ cup*	*45*
Cantaloupe Melon	*½ melon large*	*60*
Cherries, fresh/whole	*½ cup*	*40*
Cranberries (sauce)	*1 cup*	*54*
Grapes	*1 cup*	*65*
Dates	*3 or 4*	*95*
Grapefruit (unsweetened)	*½*	*55*
Orange	*1 medium*	*70*
Peach (fresh)	*1*	*35*
Plums	*2*	*50*
Tangerine (fresh)	*1*	*40*
Watermelon	*1" slice*	*60*

MEATS

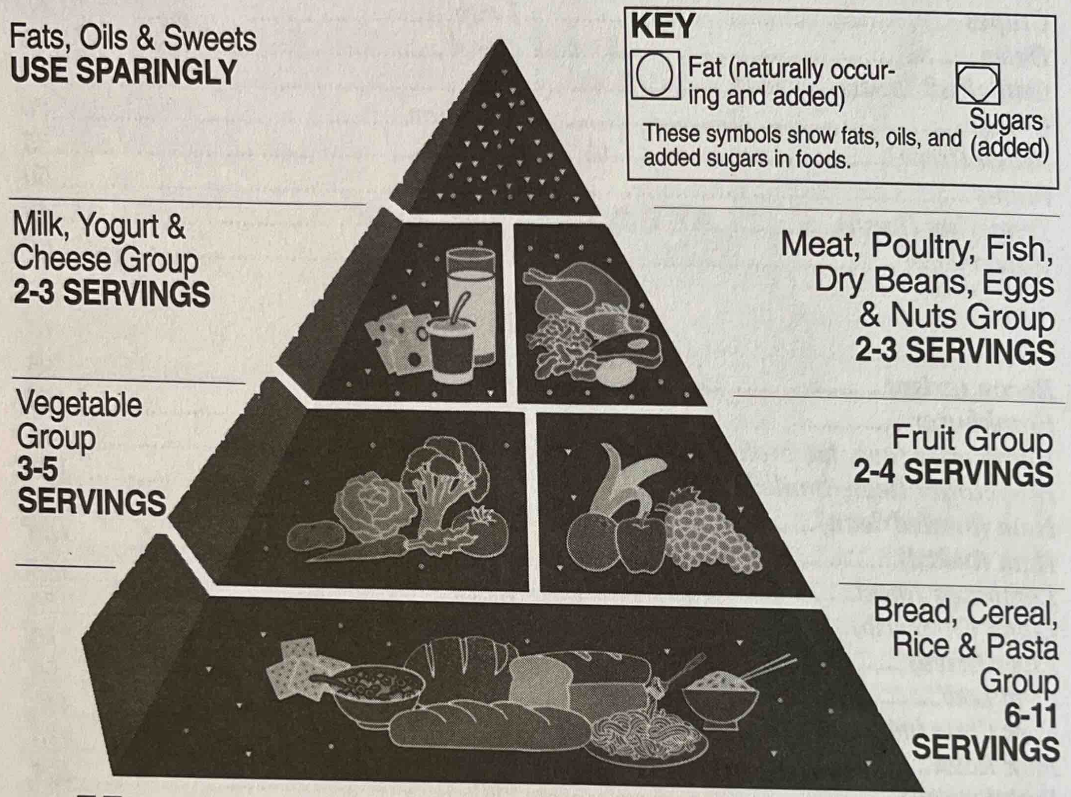
Bacon (crisp)	*2 slices*	*95*
Frankfurter	*1*	*155*
Hamburger (avg. fat/broiled)	*3 ounces*	*245*
Hamburger (lean/broiled)	*3 ounces*	*185*
Ham (broiled/lean)	*3 ounces*	*200*
Ham (baked)	*1 slice*	*100*
Lamb Leg Roast	*3 ounces*	*235*
Lamb Chop (rib)	*3 ounces*	*300*
Liver (fried)	*3 ½ ounces*	*210*
Meat Loaf	*1 slice*	*100*
Pork Chop (med.)	*3 ounces*	*340*
Pork Roast	*3 ounces*	*310*
Pork Sausage	*3 ounces*	*405*
Roasts (Beef)		
Loin Roast	*3 ½ ounces*	*340*
Pot Roast (round)	*3 ½ ounces*	*200*
Rib Roast	*3 ½ ounces*	*260*
Rump Roast	*3 ½ ounces*	*340*
Spareribs	*1 piece, 3 ribs*	*123*
Swiss Steak	*3 ½ ounces*	*300*
Veal Chop (med.)	*3 ounces*	*185*
Veal Roast	*3 ounces*	*230*



SALADS AND DRESSINGS

Apple and carrot (no dressing)	*½ cup*	*100*
Chef Salad/reg. oil	*1 Tbsp.*	*160*
Chef Salad/mayonnaise	*1 Tbsp.*	*125*
Chef Salad/ French, Roquefort	*1 Tbsp.*	*105*
Cole Slaw (no dressing)	*½ cup*	*102*
Fruit Gelatin	*1 square*	*139*
Potato Salad (no dressing)	*½ cup*	*184*
Waldorf (no dressing)	*½ cup*	*140*
Boiled Dressing	*1 Tbsp.*	*28*
French Dressing	*1 Tbsp.*	*60*
Mayonnaise	*1 Tbsp.*	*110*

Food Guide Pyramid
A Guide to Daily Food Choices


Fats, Oils & Sweets
USE SPARINGLY
KEY
○ Fat (naturally occurring and added)
▽ Sugars (added)
These symbols show fats, oils, and added sugars in foods.
Milk, Yogurt & Cheese Group
2-3 SERVINGS
Meat, Poultry, Fish, Dry Beans, Eggs & Nuts Group
2-3 SERVINGS
Vegetable Group
3-5 SERVINGS
Fruit Group
2-4 SERVINGS
Bread, Cereal, Rice & Pasta Group
6-11 SERVINGS

How to Use The Daily Food Guide
What counts as one serving?

Breads, Cereals, Rice and Pasta
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables
1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits
1 piece of fruit or melon wedge

Milk, Yogurt and Cheese
1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets
LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

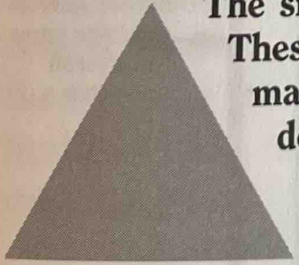
How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

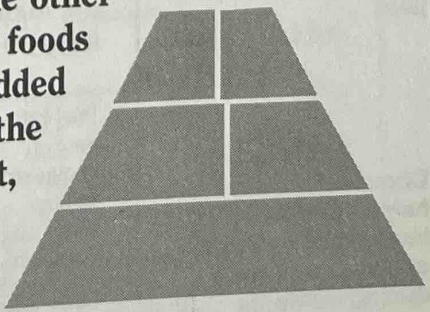
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars

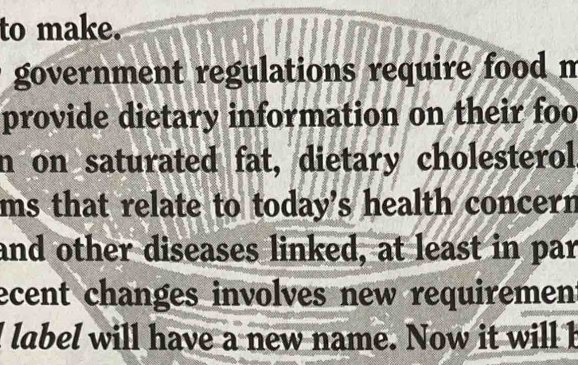


The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



Nutrition Facts: Helping Consumers Eat Smart



Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

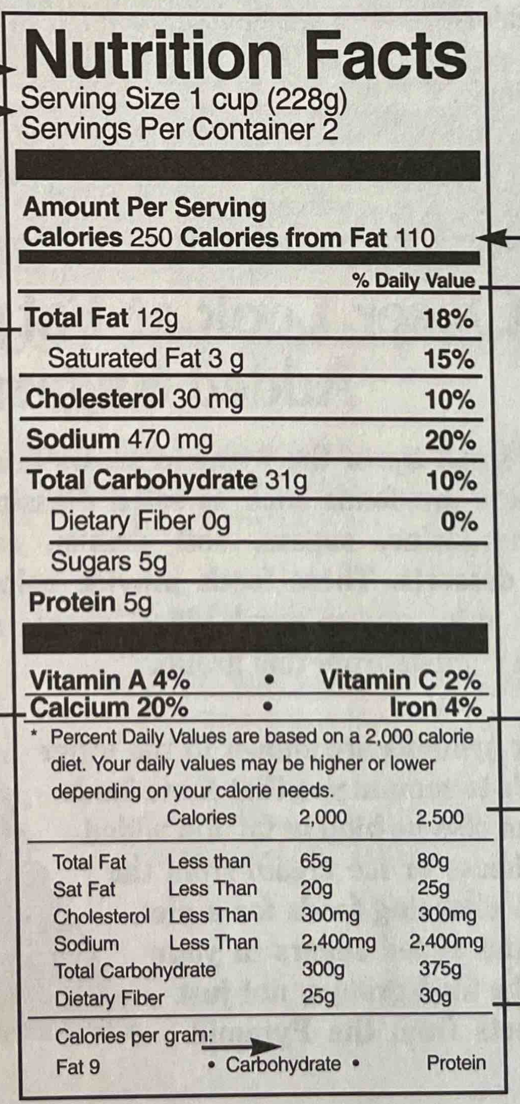
Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3 g	**15%**
Cholesterol 30 mg	**10%**
Sodium 470 mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • **Vitamin C 2%**
Calcium 20% • **Iron 4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate • Protein

The New Food Label - What to Look For

The new food label can serve as an important guide to better nutrition, but only if you use it.

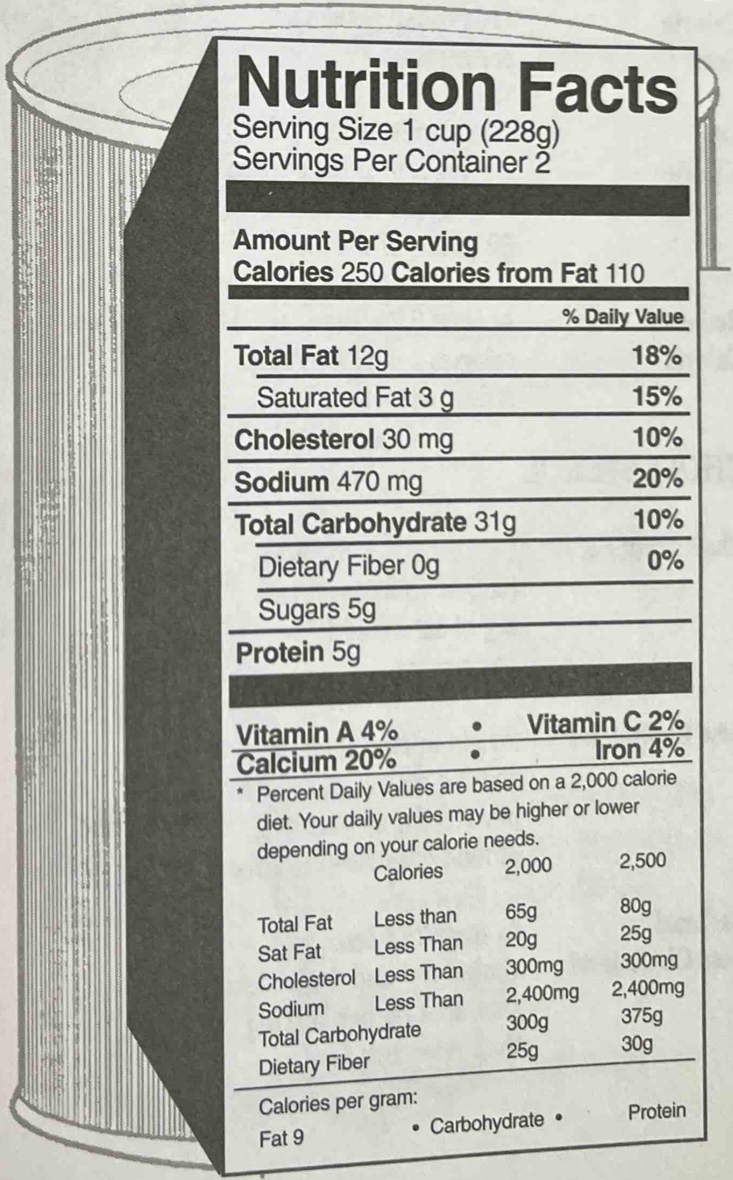
What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet.

Now it's easier than ever to eat healthy - just read the label.



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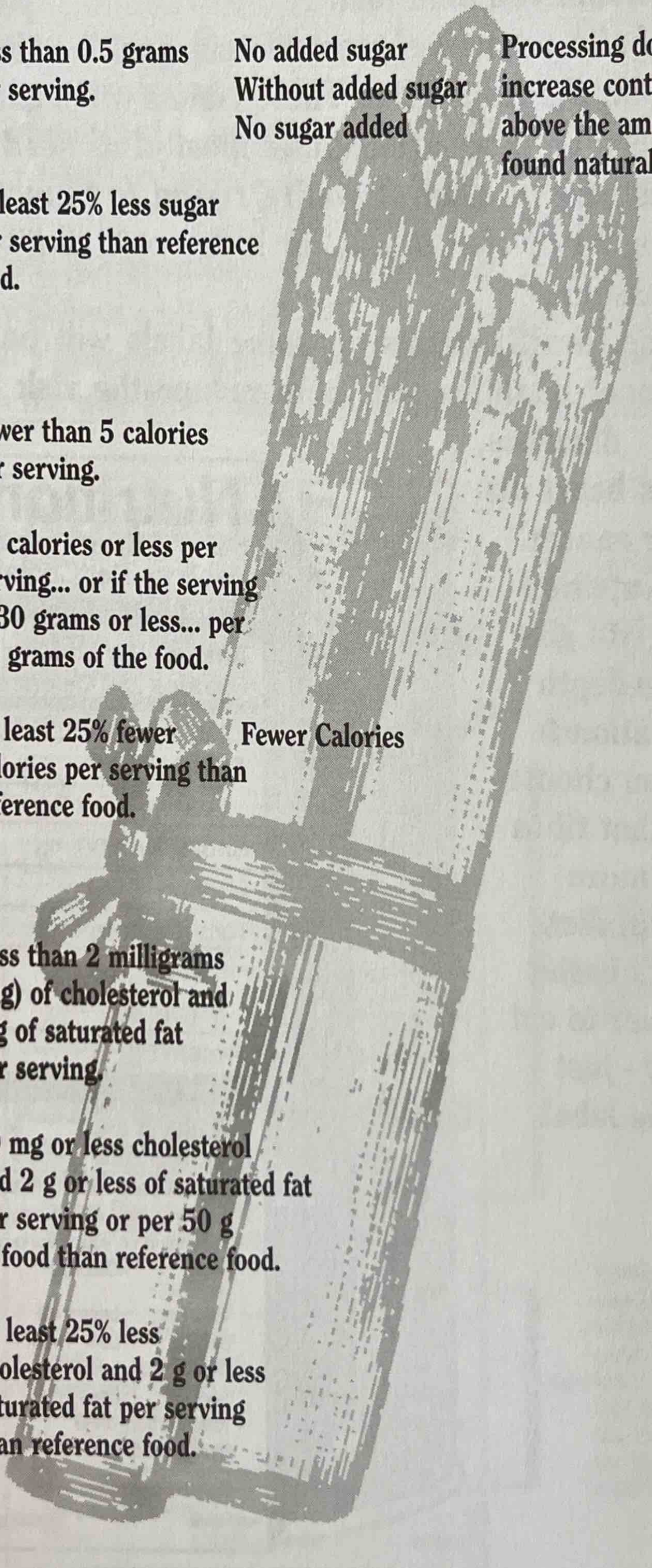
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate • Protein

Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.



SUGAR

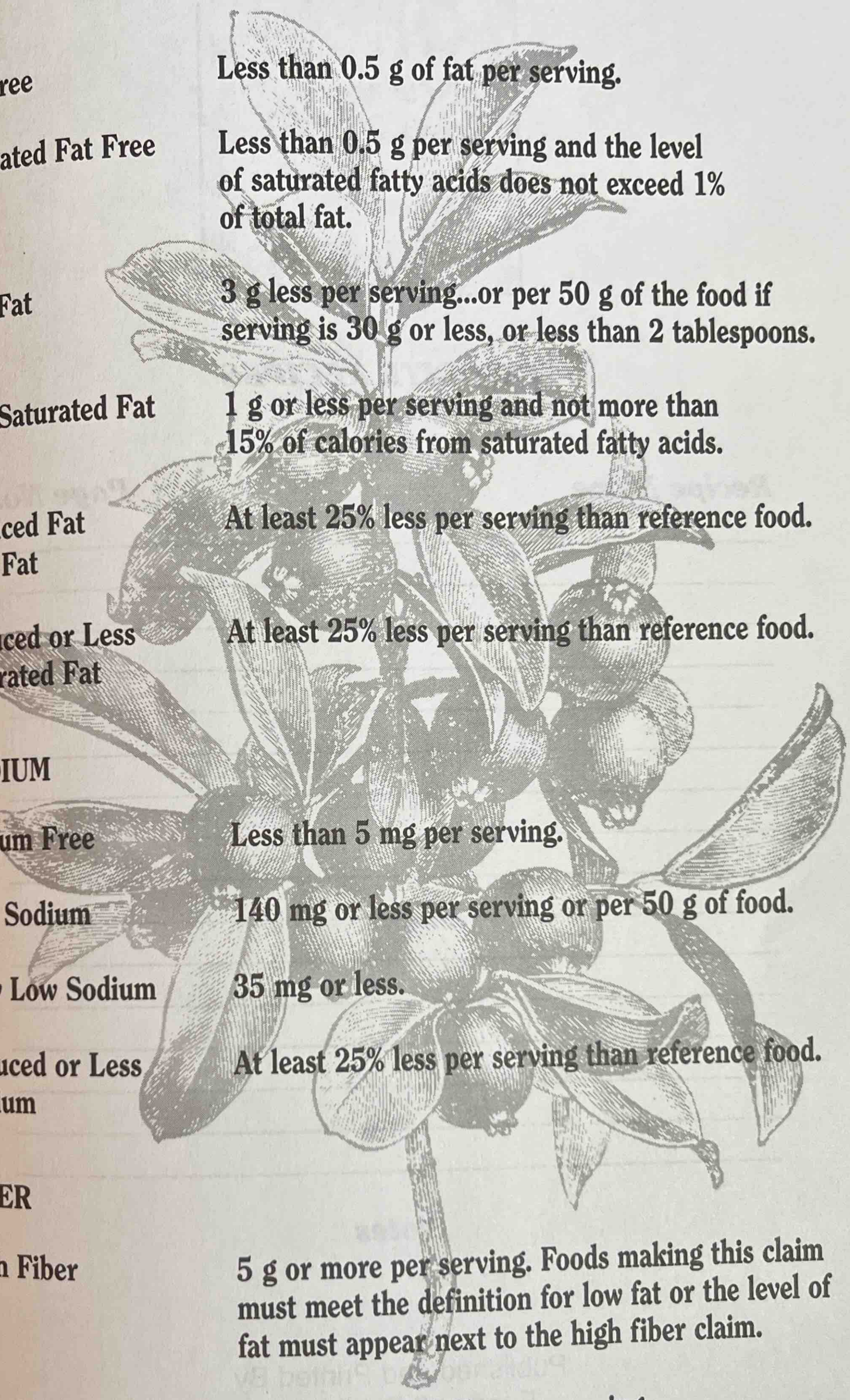
Sugar Free	Less than 0.5 grams per serving.	No added sugar Without added sugar No sugar added	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

CALORIES

Calorie Free	Fewer than 5 calories per serving.	
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.	
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories

CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.



FAT

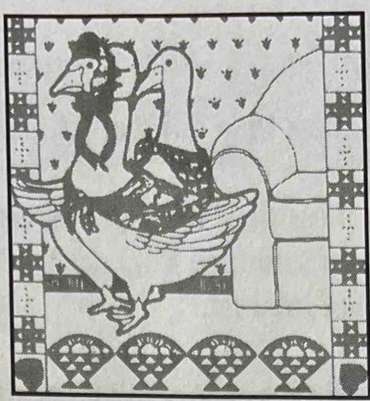
Fat Free	Less than 0.5 g of fat per serving.
Saturated Fat Free	Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.
Low Fat	3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.
Low Saturated Fat	1 g or less per serving and not more than 15% of calories from saturated fatty acids.
Reduced Fat Less Fat	At least 25% less per serving than reference food.
Reduced or Less Saturated Fat	At least 25% less per serving than reference food.

SODIUM

Sodium Free	Less than 5 mg per serving.
Low Sodium	140 mg or less per serving or per 50 g of food.
Very Low Sodium	35 mg or less.
Reduced or Less Sodium	At least 25% less per serving than reference food.

FIBER

High Fiber	5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.
Good Source of Fiber	2.5 g to 4.9 g of fiber per serving.
More or Added Fiber	At least 25% more fiber than reference food.



FAVORITE RECIPES

Recipe Name **Page No.**

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Published and Printed By
Fundcraft Publishing
P.O. Box 340
Collierville, TN 38027